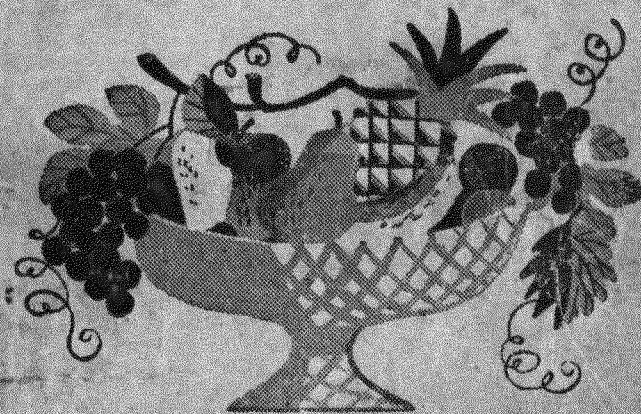


The Quill Lake Homemakers' Club

COOK BOOK

— 1949 —



HOMEMAKERS' CREED

Keep us, O Lord, from pettiness; let us be large in thought, in word, and deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretence and meet each other face to face, without self pity and without prejudice.

May we never be hasty in judgment and always generous.

Teach us to put into action our better impulses, straightforward and unafraid.

Let us take time for all things, make us grow calm, serene, gentle.

Grant that we may realize that it is the little things that create differences; that in the big things of life we are one.

And may we strive to touch and know the great human heart common to us all, and O, Lord God, let us not forget to be kind.

—Mary Stewart.

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HOUSEHOLD MEASUREMENTS AND WEIGHTS (LEVEL MEASUREMENTS)

3 tsp. 1 tbsp.	4 pecks	1 bushel
2 tsp. 1 dessert spoon	12½ pound green tomatoes	1 peck
16 tbsp. 1 cup	3 cups seedless raisins	1 pound
12 tbsp. 1 cup (liquid)	4 cups seedless raisins	1 pound
2 tbsp. 1 ounce	2 cups seeded raisins	1 pound
2 tbsp. granulated sugar	1 cup uncooked rice	
2 cups	3 cups cooked	
16 ounces	1 cup cream	3 cups whipped
2¾ cups brown sugar	juice of 1 lemon	2 tbsp.
4 tbsp. flour	2 cups rice	1 pound
4 cups flour	1 cup stale bread crumbs	
2 tbsp. butter	2 ounces	
2 cups butter	1 cup chopped meat	¾ pound
4 tsp.	1 square bitter chocolate	1 ounce
4 gills	1 cup corn starch	¾ pound
2 measuring cups	1 ounce chocolate	¼ cup cocoa
2 pints	1 cup walnuts or almonds	
4 quarts (16 cups)	(shelled)	¾ pound
8 quarts		



SUBSTITUTIONS

SUBSTITUTE FOR BAKING POWDER

One level teaspoon cream of tartar mixed with ½ teaspoon soda equals 2 level teaspoons baking powder

SUBSTITUTE FOR SWEET MILK

Half cup evaporated milk and ½ cup water equals 1 cup sweet milk. Seven-eighths cup cold coffee equals 1 cup sweet milk in cakes and cookies. To substitute sour milk for sweet milk, allow ½ teaspoon baking soda for each cup sour milk; then reduce baking powder to 1 level teaspoon for each cup of flour. In mixtures containing eggs, deduct an additional ½ teaspoon baking powder for each egg.

GRANULATED SUGAR SUBSTITUTE

One cup honey equals one cup sugar in cakes, cookies, etc. Allow ¼ teaspoon soda for each cup of

honey; then deduct 3 tablespoons liquid for each cup of honey used. 1¼ cups fruit sugar equals 1 cup granulated sugar; 1½ cups brown sugar equals 1 cup granulated sugar.

UNSWEETENED CHOCOLATE SUBSTITUTE

Three level tbsp. cocoa and 1 level tbsp. butter equals 1 square (one ounce) chocolate.

BUTTER SUBSTITUTE

One cup shortening and ½ tsp. salt equals 1 cup butter for cakes, etc. Seven-eighths cup lard and 2 tbsp. liquid and ½ tsp. salt equals 1 cup ~~lard~~ *butter*.

EGG SUBSTITUTE

One egg may be omitted for cakes and cookies calling for more than 2 eggs. Use ½ tsp. extra baking powder and 2 tbsp. extra of milk. In custard mixtures, 2 level tbsp. flour may be substituted for one egg.

Beverages

Lemonade

- 1 tsp. epsom salts
- 4 lbs. white sugar
- 6 lemons
- 7 cups boiling water

Take juice and grated rind of 4 lemons. Add to salts, 1 oz. tartaric acid, 2 oz. citric acid and sugar. Pour over boiling water and stir till dissolved. Let cool and add juice of 2 lemons. Bottle. Takes about one tablespoon of this liquid to make one glass of delicious drink.

—Mrs. Chas. Walter.

★ ★ ★

Summer Drink

- 4 oranges
- 3 lemons
- 4 lbs. white sugar
- 2 oz. citric acid

Grate yellow skin of oranges and lemons, being careful not to use white part. Then add acid, sugar and 2 quarts of boiling water. When cool add juice of oranges and lemons. Let stand 24 hours. Strain and bottle.

—Mrs. H. F. King.

★ ★ ★

Tomato Juice Cocktail

- 3½ cups strained tomato juice
- grated rind and juice of 1 lemon
- 1 tbsp. catsup
- ½ tsp. salt
- 4 tsp. powdered sugar

Combine ingredients, stir well, cool and serve.

—Mrs. K. Reichert.

Simple Fruit Punch

- 1 cup strong tea
- ¾ cup orange juice
- ½ cup lemon juice
- 1 cup pineapple juice
- 1 pint ginger ale
- sugar syrup

Mix fruit juices and tea; chill. Just before serving add ginger ale and sugar syrup to taste.

—Mrs. Keith Graham.

★ ★ ★

Lemon Syrup

- 2 lemons
- 1 oz. citric (2 tbsp.)
- 1 quart boiling water (4 cups)
- 3 cups sugar

Rind and juice lemons, add sugar, citric acid and water. When cold strain and bottle. Large tablespoon to a glass of cold water makes a nice drink.

—Mrs. A. McCulloch, Leroy.

★ ★ ★

Lemon Drink (For Summer)

Pour 3 pints of boiling water over 4½ lbs. (9 cups) white sugar.

- 2 oz. citric acid
- 1 oz. tartaric acid
- ½ oz. epsom salts

Stir all well until dissolved. When cool add juice and grated rind of 12 lemons. Let stand over night. Put through sieve and bottle. Will keep indefinitely. This quantity will make from 10 to 15 gallons. Good lemonade for picnics.

Mrs. Don MacMillan.

March Maple Syrup

2 cups white sugar
1 cup brown sugar
 $\frac{1}{2}$ cup corn syrup
2 cups water (boiling)
5 drops mapleline (small $\frac{1}{2}$ tsp.)
Boil.

Norma E. Graham

★ ★ ★

Fruit Cocktails

A fruit cocktail is a combination of fresh fruits; fresh fruits and canned fruits, or canned fruits diced or cut in small pieces and served as the first fruit course of luncheon, dinner or supper. Fruit cocktails should have a slightly acid tang and be well chilled when served. Arrange the chilled fruit in cocktail glasses. Place each glass on a small plate with or without a doilie, having the spoon on the right hand side of plate.

Then place on the service plates, just before or immediately after guests are seated.

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Cocoa Paste

2 cups sugar
1 cup cocoa
 $\frac{3}{4}$ cup water
Boil together three minutes. Add 1 tsp. vanilla, $\frac{1}{4}$ cup butter. When cool add 2 well beaten eggs. Keep in a sealer and add 1 to 2 tsps. to a glass of milk.

—Mrs. McGregor.

★ ★ ★

Iced Cocoa

$\frac{1}{2}$ cup cocoa
1 level cup white sugar
Mix well; then add one cup boiling water slowly. Boil mixture for 1 minute; cool and keep in a covered container. When serving, put one inch in a glass, fill with cold milk.

—Mrs. A. Coppens.

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Quill Lake, Sask.

Biscuits, Tea Cakes and Buns

Tea Rolls

- 2 cups flour
- 2 tsp. baking powder
- $\frac{3}{4}$ cup butter
- pinch of salt

Place 1 egg in cup; add milk to make $\frac{1}{2}$ cup. Roll out dough and spread on it, butter, brown sugar and walnuts.

—Mrs. Ed. Karst.

★ ★ ★

Scones

- 3 cups flour
- 1 large tsp. soda
- 1 large tsp. cream of tartar
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup shortening
- 1 egg, beaten
- sour milk

Sift dry ingredients. Rub in shortening. Add sour milk to beaten egg and add to dry ingredients. Bake in hot oven 15 minutes.

—Eleanor Hope.

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Three-Hour Buns

- 1 cup lukewarm water
- 1 cup milk
- 1 cake Fleischman's yeast or any quick yeast
- $\frac{1}{2}$ cup sugar
- 1 tsp. salt
- 2 eggs

Put all together in a warm, large mixing bowl; beat until foamy with dover egg beater. Add about 5 cups of flour to make a medium soft dough. Butter the top and set to rise until light, about 2 hours. Roll out and cut in shapes desired.

—Laura Pierce.

Parker House Rolls

- 1 cup water
- 1 cup milk
- Heat to lukewarm. Add 1 package yeast to milk and water. Add 3 cups flour, beaten in when yeast is dissolved. Let stand 1 hour. Then add:

- $2\frac{1}{2}$ tsp. salt
- 1 tbs. white sugar
- 2 tbs. melted shortening
- Mix in flour until a soft dough. Let rise twice, shape. Let rise again and bake.

—Mrs. E. M. Hill.

★ ★ ★

Scotch Rolls

- 1 egg
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup milk, added last
- 3 cups flour
- 3 tsp. baking powder
- Roll out and spread with brown sugar. Bake in muffin tins. (Not necessary to use muffin tins.)

—Mrs. A. Dewhurst.

★ ★ ★

Tea Scones

- 1 egg
- 2 tbs. sugar
- 1 cup thin cream
- 2 cups flour
- 3 tsp. baking powder
- 1 tsp. salt

Put an egg and sugar in bowl and mix well. Add cream and stir gently (don't beat). Sift dry ingredients and mix. Turn out on floured board. Roll and cut. Bake in hot oven 15 minutes or until nice brown. Rich fresh buttermilk may be used in place of cream.

—Mrs. W. M. Nicol.

Tea Biscuits

- 3 cups flour
- 3 tsp. baking powder
- 3 tsp. sugar
- 1 tsp. soda
- 1 tsp. cream of tartar
- 1 tsp. salt

Sift three times. Then blend in $\frac{3}{4}$ cup shortening and enough milk to make a soft dough. Bake in a hot oven.

—Mrs. Barbara Spencer.

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Bohemian Twist

- 1 cake compressed yeast
- $\frac{1}{4}$ cup lukewarm water
- 1 cup milk
- $\frac{1}{4}$ cup shortening
- 2 tsp. salt
- 1 tsp. grated lemon rind
- $\frac{1}{8}$ tsp. mace
- 2 eggs or 4 egg yolks beaten
- 5 cups sifted flour
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup blanched chopped almonds

Soften yeast in lukewarm water. Scald the milk. Add sugar, salt and shortening. Cool to lukewarm. Add 1 cup flour. Beat well. Add softened yeast, lemon rind, mace and eggs. Mix well. Add the raisins and enough flour to make a soft dough. Turn out on a lightly floured board and knead. Place in greased bowl. Let rise until doubled. Knead down. Divide the dough into four large portions and five smaller ones. Cover and let rise 10 minutes. Roll each portion into a long roll. Braid four larger rolls. Place on baking sheet. Braid three smaller rolls. Place on top large braid. Twist the last two rolls together and place on top. Cover and let rise until doubled. Bake 45 minutes in moderate oven (375). Ice with confectioner's sugar and sprinkle with almonds.

—Irene Hawksley.

Raisin Scones

- 2 cups flour
- 1 t.p. baking powder
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup corn syrup
- $\frac{1}{2}$ t.p. salt
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup raisins

Sift flour and baking powder and salt. Add butter and cut this in until mixture is in fine crumbs. Add syrup and enough milk to make a soft dough. Add raisins. Turn out onto a floured board and roll about $\frac{1}{2}$ inch thick. Cut with cutter and bake in hot oven.

—Mrs. W. H. Sketchley.

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Sweet Bread

- 1 carton yeast
- $\frac{1}{2}$ cup sugar
- 8 cups flour
- 1 dessert spoon salt
- 2 eggs
- $\frac{1}{4}$ cup shortening
- $2\frac{1}{2}$ cups water
- $1\frac{1}{2}$ cups fruit, nuts, raisins, currants

Dissolve yeast, mix, salt, sugar, shortening and eggs. Add flour, fruit and yeast.

—F. M. Warrack.

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Scotch Rolls

- 1 cup butter or lard
 - 3 cups flour
 - $\frac{1}{2}$ cup sugar
 - 1 egg
 - $\frac{3}{4}$ cup milk
 - vanilla
 - 2 tbs. baking powder
- Mix dry ingredients. Beat egg. Add milk and flavoring. Add dry mixture. Handle quickly. Roll out on board $\frac{1}{4}$ inch thick. Spread brown sugar on top and roll up. Cut in 2-inch pieces. Bake until brown.

—Violet Payton.

—Ivy Brown.

Bran Muffins

- 1 egg
- $\frac{1}{2}$ cup brown sugar
- 1 cup buttermilk or sour milk
butter size of an egg
- 1 tsp. soda
- 1 cup flour
- 2 cups bran added last

—Mrs. Herb Krienke

★ ★ ★

Bran Muffins

- butter size of an egg
- $\frac{1}{2}$ cup white sugar
- 1 egg
- 1 cup sour milk
- 1 large tsp. baking *powder.*
~~soda~~
- $\frac{3}{4}$ tsp. soda in milk
- wee bit salt
- 1 cup flour
- 1 cup oatmeal
- 1 large cup bran

—Mrs. A. C. Gilbertson.

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Graham Muffins

- 2 eggs
- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup sour cream
- $\frac{3}{4}$ cup white flour
- $\frac{3}{4}$ cup graham flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. soda

Mix in 1 tbsp. hot water, pinch of salt, 1 tsp. vanilla, $\frac{1}{4}$ cup chopped dates.

Cream butter, add sugar and mix well, add beaten eggs, then sour cream and soda, sift flour and baking powder and salt. Add graham flour and mix well. Add chopped dates and gradually add to first mixture. Add vanilla and bake in moderate oven for 25 or 30 minutes. This makes about 12 medium sized muffins.

—Mrs. Joe Hudolin, Sunset Lake.

Biscuit Mix

- 6 cups sifted flour
- 4 tbsp. baking powder
- $\frac{1}{2}$ tbsp. salt
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup shortening

Blend all together. Store in a covered container in a cool place. A handy supplement for unexpected guests.

—Mrs. M. G. Sigstad.

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Boston Brown Bread

- 1 cup sweet milk
- 1 cup sour milk
- 1 cup corn meal
- 2 cups graham flour
- 1 tbsp. sugar
- 3 tbsp. molasses
- 1 tsp. baking soda
- salt
- 1 tsp. lard

Mix and steam 3 hours; then bake in oven 15 minutes. Use baking powder cans to cook in, filling them about half full.

—Mrs. T. H. Revelle.

Pierce's Repair Shop

★ ★ ★

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Cakes

FRUIT, CHOCOLATE, SPONGE AND BUTTER

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FOR A FAMILY CAKE

Use all the love you have. Blend with gentleness, kindness and pleasant thoughts. Add spice of faith, hope and charity. Mix all ingredients together with lots of fun and peace. Decorate with happiness, sweetness and content.

This cake is not costly and could be made in any home.

—Mrs. S. Crosbie.

★ ★ ★

Wedding Cake

- 3½ lbs. raisins
- 1½ lbs. butter
- 1 lb. brown sugar
- 2 lbs. currants
- ½ lb. almonds blanched and cut
- ½ lb. mixed peel
- ½ lb. cherries
- 2 lb. dates
- 12 eggs
- 1 tbsp. each of cloves, allspice, cinnamon and nutmeg
- 1 tbsp. of essence of lemon, almond, vanilla, rose, strawberry and pineapple
- 2 cups strawberry preserves
- 1 lb. flour

Mix ½ cup more flour with fruit and mix well.

To Mix:

Cream butter, sugar and beat eggs separately adding fruit last and always beat with your hands. This makes 2 fairly large cakes. Lastly add tsp. soda in tsp. water. Steam 3 hours briskly and bake 2 hours in a very slow oven.

—Ruth Jones.

Light Fruit Cake

- 1 cup butter
- 2 cups sugar
- 3 eggs
- 1 cup sour milk warmed with 1 tsp. soda
- 3 cups flour
- 1 tsp. lemon extract
- 1 cup raisins
- ½ lb. citron
- blanched almonds on top

Bake 2 hours.

—Mrs. R. Meiklejohn.

★ ★ ★

Fruit Cake

- Boil 5 minutes:
- 2 cups sugar
- 2 cups water
- ½ cup butter
- 1 lb. seeded raisins
- Then cool and add:
- 1 tsp. each soda, salt, cloves, cinnamon, nutmeg
- 3 cups flour
- Lastly add:
- 1 cup dates
- 1 cup cherries
- 1 cup nuts
- 1 cup mixed peel

Bake slowly for 2 hours.

—Mrs. B. Spencer.

White Fruit Cake

- 2 cups white sugar
- 1 cup butter (small)
- 6 eggs
- 1 tin crushed pineapple
- 4 tsp. vanilla extract
- 2 tsp. almond extract
- 2 tsp. lemon extract
- 2 lbs. white raisins
- 1 lb. cocoanut
- 1 lb. cherries
- $\frac{1}{2}$ lb. almonds (peeled)
- $\frac{1}{2}$ lb. mixed fruit
- 2 tsp. baking powder
- 3 cups of sifted flour

Mix in order given. Steam 3 hours and bake 1 hour. Ice with almond paste if desired.

—Viva Duguid.

—Mrs. F. Tait.

★ ★ ★

Christmas Cake

- 1 $\frac{1}{2}$ lbs. flour or 6 cups
- 1 lb. currants or 2 $\frac{1}{4}$ cups
- 1 lb. raisins or 1 cup
- $\frac{1}{2}$ lb. stultanas or 1 cup
- 1 $\frac{1}{4}$ lb. white sugar or 2 $\frac{1}{2}$ cups
- 1 $\frac{1}{4}$ lbs. butter or 2 $\frac{1}{2}$ cups
- $\frac{1}{4}$ lb. mixed peel or more according to taste
- 6 oz. almonds, blanched and chopped
- 7 eggs beaten
- 2 tsp. baking powder
- $\frac{3}{4}$ pint of new milk (it may take one full cup to make a nice batter)
- $\frac{1}{4}$ tsp. allspice
- $\frac{1}{4}$ tsp. cinnamon
- shake of nutmeg

Mix flour, fruit, peel and nuts before wetting with eggs. More fruit, nuts and cherries may be added if you wish. If you prefer a dark cake add a tbsp. of molasses. Bake in a moderate oven about 3 to 4 hours.

—Mrs. Earl P. Walker.

Dollar Fruit Cake

- 1 cup butter
- 1 cup sugar
- 3 eggs
- 2 cups mixed peel
- 2 cup flour
- $\frac{1}{4}$ tsp. salt
- 1 tsp. brandy flavoring
- 1 lb. sultana raisins
- $\frac{1}{2}$ cup blanched almonds
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ lb. glace cherries
- 1 tsp. baking powder
- $\frac{1}{4}$ cup fruit juice

Mix all nuts and fruit with the flour and mix with the butter and sugar mixture; bake in a tube pan.

—Mrs. J. S. Paterson.

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Christmas Cake

- 2 cups butter
- 1 lb. brown sugar
- 12 eggs
- 2 lbs seedless raisins
- 1 lb. currants
- 1 cup chopped almonds
- 1 lb. mixed peel
- $\frac{1}{2}$ lb. glace cherries
- 4 cups flour
- 1 tsp. allspice
- 1 tbsp. cinnamon
- 2 tsp. nutmeg

Cream butter and sugar until very light; then add 1 egg at a time; beat well. Sift flour once; then add spices and sift twice more; put fruit and nuts in a bowl and sift flour and spices over them. Now add to the butter, sugar and egg mixture and mix well. Line cake tins with heavy brown paper and grease thoroughly. Fill cake tins and let stand 3 to 4 hours. Bake in a moderate oven. The small size will be done in 1 $\frac{1}{4}$ hours. Middle size 2 $\frac{1}{2}$ hours and the large one 3 $\frac{1}{2}$ to 4 hours.

—Mrs. W. H. Sketchley.

Unbaked Christmas Cake

- 1½ cups condensed milk (1 can)
- 2 cups chopped dates
- 1 cup chopped raisins
- 1 cup chopped currants
- 2 cups chopped nuts
- 4 cups graham wafer crumbs
- 4 cups marshmallows, melted
- ½ cup glace cherries
- ½ tsp. salt
- ½ tsp. each of nutmeg, cloves, cinnamon and allspice

Be sure you use condensed sweetened milk. Roll wafers very fine. Mix graham wafers, spices and salt. Add marshmallows, and chopped fruit and mix milk. Mix thoroughly, then press into a loaf pan with paper lining. Chill for a couple of days before cutting.

—Mrs. E. G. Teague.

★ ★ ★

Gum Drop Cake

- ½ cup butter
- ¾ cup sugar
- 3 egg yolks
- 2¼ cups flour
- 2½ tsp. baking powder
- ¾ cup milk
- ½ tsp. vanilla
- juice and rind of 1 lemon
- 2 egg whites
- ½ lb. gum drops (omit licorice gumdrops)

Mix as you would any cake, adding egg whites, then the flavored gum drops last. Very good after it stands awhile.

—Mrs. Vera Durant.

Pineapple Fruit Cake

- 1 cup butter
- 1½ cups white sugar
- 2 eggs
- ½ tsp. salt
- 1 can crushed pineapple
- 1 lb. sultanas
- ½ lb. mixed peel
- ¼ lb. almonds
- ½ lb. glazed cherries
- 3 cups flour
- 3 tsp. baking powder

Cream butter and sugar well. Add eggs. Drain pineapple juice and add other ingredients. Measure flour after it is sifted. Bake in a moderate oven 1 hour.

—Mrs. Alma Saich.

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Light Fruit Cake

- 1 cup butter
- 1 cup sugar
- 3 eggs
- 3 cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 pound raisins
- 1 tsp. almond extract
- 1 tsp. vanilla
- 1 cup nuts and cut candied cherries
- ½ cup warm milk

Add flour and beaten eggs alternately to creamed butter and sugar. Beat well, add flavoring and floured fruit, and warm milk last. Beat well. Line tin with waxed paper. Bake in slow oven for 1½ to 2 hours (200 to 300 degrees).

—Mrs. O. Grimm.

WISMER'S DRUG STORE



PHONE 33

QUILL LAKE, Sask.

Devil's Food Cake (Chocolate)

2 cups sifted cake flour
 ½ cup butter
 1 tsp. soda
 1¼ cups brown sugar firmly packed
 2 eggs unbeaten
 1 cup sweet milk
 1 tsp. vanilla
 1½ squares unsweetened Baker's chocolate (melted)

Cream butter thoroughly; add sugar; beat again; add eggs one at a time and beat after each; add melted chocolate; then milk; also flour which has been sifted with soda several times; then vanilla and beat thoroughly. Bake in moderate oven 30 minutes. (350 to 375).

—Mrs. Don Metcalf.

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Grandma's Chocolate Cake

Heat 1 cup of brown sugar, ½ cup milk, and 3 ounces grated unsweetened chocolate in double boiler until chocolate melts. Cool. Cream ½ cup shortening and 1 cup brown sugar; add 3 eggs beaten well; beat thoroughly; add alternately with ½ cup of milk, 2 cups of flour sifted with ¼ tsp. salt, 1 tsp. soda. Add chocolate mixture, 1 tsp. vanilla extract; beat. Bake in two 9-inch pans in a moderate oven (350) 30 minutes.

CHOCOLATE FROSTING

Combine 2 egg whites, 1½ cups sugar; 5 tbsp. water, 1 tbsp. light corn syrup in double boiler. Cook and beat 7 minutes; add 1 tsp. vanilla extract; cool. Gently stir in 2½ ounces melted unsweetened chocolate.

—Marguerite C. Packham,
 Wynyard.

Quick Chocolate Cake

1½ cups flour
 1 cup white sugar
 2 heaping tbsp. cocoa
 1 tsp. soda
 1 tsp. baking powder
 ¼ tsp. salt

Sift twice and then the third time sift into an ungreased cake pan and spread evenly. Make three holes. In one end hole put in 1 tsp. vanilla; in the centre hole 5 tbsp. butter or shortening; in the other end 1 tbsp. of vinegar. Pour over this 1 cup of boiling water. Stir up well. Cook 25 minutes in 350 oven.

—Mrs. Cleve Graham.

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Chocolate Cake

½ cup cocoa mixed with ¼ cup butter; then add ½ cup hot water.

1 egg unbeaten
 1 cup white sugar
 1 tsp. vanilla

Then sift 1 large cup cake flour, 1 tsp. soda and pinch salt. Add to above mixture with a scant ½ cup sour milk. Bake in moderate oven.

—Ruby Millard.

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Chocolate Chip Cake

½ cup butter
 ¼ cup white sugar
 ¼ cup brown sugar

Cream well. Add 2 egg yolks. Add ¾ cup flour, 1 tsp. baking powder, 1 tsp. vanilla. Spread batter on 8-inch pan, sprinkle on ½ pkg. chocolate chips. Add gradually 1 cup brown sugar to the egg whites which are beaten stiff. Add 1 cup cocoanut. Bake 35 minutes in moderate oven.

—Mrs. A. J. Saich, Victoria.

Cherry Chocolate Cake

- ½ cup butter
- 1 cup sugar
- 1 egg
- 1½ cup sifted flour
salt
- 1 cup sour milk (buttermilk if
you have it) with 1 tsp.
soda
- 1 square melted chocolate
- ½ cup walnut meats
- 1 small, 5-oz. bottle maraschino
cherries cut in halves. Add
juice to mixture too.

Bake in oven 375 degrees.

—Lois Kerr.

★ ★ ★

Chocolate Cake

- 2 eggs
- 1 cup white sugar
- 1 cup sour cream
- 3 tbsp. cocoa
- 1 tsp. baking powder
- 1½ cups flour
- 1 tsp. soda
- vanilla and salt

Sift flour once, then measure. Add baking powder, cocoa and salt. Sift three times. Beat eggs well. Add sour cream. Add flour, baking powder and vanilla. Add soda dissolved in a little hot water. Bake in 2 layer cake pans 20 to 25 minutes.

Variation:—Mrs. Graham dissolves soda in sour cream and cocoa in the hot water.

—Mrs. Minnie Smith.

—Mrs. Thelma Siemens.

—Mrs. Bert Franke.

—Mrs. F. W. Graham.

Fudge Cake

- 1½ cups fruit sugar
- ½ cup butter

Cream well. Then add 2 egg yolks. Beat until creamy. Add 2 squares melted unsweetened chocolate. Sift and add:

- 1¾ cups flour
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- ½ tsp. salt

Add alternately with ½ cup milk. Add 1 tsp. vanilla. When batter is mixed add ¾ cup boiling water; then the stiffly whipped egg white. Bake in layer tins (350). This is a thin batter. When baked in a loaf tin use only ½ cup hot water.

—Mrs. Barbara Spencer.

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Honey Chocolate Cake

- 1 cup butter
- 1½ cups honey
- 3 eggs, well beaten
- 2 squares chocolate
- 1¾ cups flour
- 1 tsp. soda
- ¾ tsp. salt
- ½ cup cold water

Cream soft butter, add honey and beat until light. Add well beaten eggs. Melt chocolate over hot water and blend into creamed mixture. Sift flour, then measure, add soda and salt and sift again. Add flour mixture to creamed mixture alternately with the cold water. Do not beat the batter. Pour in well greased layer tins and bake in a moderate oven 34 to 40 minutes.

—Mrs. H. Bannatyne.

Brown Stone Front

½ cup grated chocolate
 1 cup brown sugar
 1¼ cups sweet milk
 1 beaten egg yolk
 Boil and let cool. Then add:
 ½ cup butter
 ¾ cup brown sugar
 2 eggs well beaten
 1 tsp. soda dissolved in ¼ cup
 sweet milk
 1 tsp. baking powder
 1 tsp. vanilla
 flour to make as stiff as ordi-
 nary layer cake batter

Bake 30 minutes in moderate oven
 --Mrs. Nellie Barnes.

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Lazy Devil's Cake

Sift together three times:

1½ cups cake flour
 1 cup white sugar
 ½ cup cocoa
 ¾ tsp. soda
 1 tsp. baking powder
 ¾ tsp. salt

Add to dry ingredients
the following:

mix together
 ½ cup softened butter
 1 cup thick sour milk
 1 egg
 1 tsp. vanilla

Turn into greased tin 9x9 and
 bake 40 minutes. Ice with choco-
 late icing.

--Mrs. Florence Troop.

★ ★ ★

Million Dollar Chocolate Cake

Cream Together:

¼ cup butter
 1 cup sugar
 1 egg beaten

Sift together:

1½ cups flour
 1 tsp. baking powder
 1 tsp. baking soda
 1 tsp. salt

Add alternately with dry ingredi-

ents, three tbsp. cocoa dissolved
 in 1 cup boiling water. Add 1 tsp.
 vanilla. Put in greased pan. Bake
 in slow oven 45 minutes. (The
 batter will be thin).

--Mrs. F. McCowan.

★ ★ ★

Rich, Real Devil's Food Cake

2¼ cups sifted cake flour
 2 tsp. baking soda
 ½ tsp. salt
 ½ cup butter or margarine
 2½ cups brown sugar, firmly
 packed

3 eggs
 3 1-oz. squares unsweetened
 chocolate

½ cup sour milk or buttermilk
 2 tsp. vanilla extract
 1 cup boiling water

Have oven 375 or moderate.

Grease bottoms and sides of 3
 eight-inch cake pans; dust with
 flour. Sift cake flour measure
 carefully; sift again with soda and
 salt. Cream butter (or margarine)
 in bowl (use clean hands -- its
 easier) until soft and airy. Add
 sugar a little at a time and con-
 tinue creaming until fluffy and
 light. Add unbeaten eggs, one at
 a time. Beat batter hard after the
 addition of each egg. Put choco-
 late in measuring cup and melt
 over boiling water. When melted
 add to batter, using a scraper to
 get every bit of chocolate. Mix
 thoroughly. Sift about ¼ of flour
 into batter stir in well. Add about
 ¼ of buttermilk or sour milk and
 stir slightly. Repeat ending with
 flour. Mix in vanilla extract and
 boiling water. Pour batter into
 greased cake pans and don't be
 alarmed at the thinness of the
 batter. Bake 25 to 30 minutes. Re-
 move from oven and turn cakes
 upside down on a cake rack to
 cool.

--Mrs. Stan Gryba.

Chocolate Cake

- ½ cup butter
- 1 cup sugar
- 1 cup sour milk or cream
- 2 tsp. baking powder
- 1 tsp. soda dissolved in ½ cup hot water
- 1½ cups flour
- 2 eggs well beaten
- 3 tbsp. chocolate

Cream butter and sugar. Add well beaten eggs. Sift flour, baking powder and chocolate two or three times. Add alternately with milk. Lastly, add soda dissolved in water. Bake in moderate oven ½ hour.

—Mrs. L. M. Jennett.

★ ★ ★

Chocolate Layer Cake

(One of the secrets of a well textured chocolate cake is to have a thin batter).

- 4 tbsp. butter
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 3 tbsp. cocoa dissolved in ½ cup boiling water

Sift in:

- 1½ cups sugar
- 1½ tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt

Add ½ cup thick sour milk or cream. (If cream is used, use only 2 tbsp. butter.) Add ½ cup boiling water.

Cream butter and sugar. Add eggs, beaten well; add cocoa dissolved in boiling water and vanilla. Beat this well into mixture. Sift dry ingredients 2 or 3 times before adding to the above mixture. Add dry ingredients and beat well. Now add your sour milk and beat into mixture. Last of all add ½ cup boiling water. Beat again and pour into 2 lined 8-inch layer cake tins. Bake in oven of 350 degrees from 20 minutes to ½ hour.

—Mrs. M. Kaye.

Chocolate Devil's Food Cake

- 2 cups of cake flour
- 1 tsp. soda
- ¼ tps. salt
- ½ cup melted butter
- 1½ cups of white sugar
- 2 eggs unbeaten
- 1 tsp. baking powder
- ½ cup cocoa or 2 squares of Baker's chocolate
- 1 cup sour milk
- 1 tsp. vanilla

Sift flour, salt, sugar, baking powder and cocoa. Stir in melted butter; add soda in sour milk and stir for two minutes. Then add unbeaten eggs and stir for two minutes more. Add vanilla. Bake in layer tins about 45 minutes (350).

—Eileen Friesen.

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Chocolate Log Cake

- 5 eggs
- ½ cup icing sugar
- 1 tbsp. flour
- 2 tbsp. cocoa
- 1 bottle whipping cream

Separate eggs and beat yolks until thick; add sifted sugar and continually beating until well blended; add cocoa and flour sifted together. Beat egg whites until stiff but not dry. Add to egg yolks mixture and beat hard for about 10 minutes. Pour into a large shallow pan lined with waxed paper and bake in hot oven (400) for about 10 minutes. Turn out on a cloth that is sprinkled thickly with icing sugar. Allow to cool. Whip the cream and sweeten well to taste. Reserve about 4 tbsp. of this and spread the remainder over the cake, roll up as for jelly roll. To the remaining cream add sufficient icing sugar and cocoa to form icing; cover the cake with this and draw wavy lines with a fork to resemble a log. Cool until ready to serve.

—Mrs. Ray Summach, Asquith.

—Mrs. Ross Lowe, Watson.

Angel Cake

- 1 cup egg whites (7-8 eggs)
- $\frac{1}{2}$ tsp. cream of tartar
- $1\frac{1}{2}$ cups finely granulated sugar
- $\frac{1}{2}$ tsp. vanilla
- $\frac{1}{4}$ tsp. almond extract
- 1 cup sifted cake flour
- $\frac{1}{4}$ tsp. salt

Beat egg whites until frothy—for especially good results, use a wire whip. Add cream of tartar and beat until stiff but not dry. Add sugar gradually, 2 tbsp. at a time, and, after each addition, beat only enough to mix well. Fold in flavorings. Fold in a little at a time, the flour and salt which have been sifted together 5 times, mixing just enough to combine completely. Pour into large, ungreased tube pan. Bake in a slow oven, (275), about $1\frac{1}{4}$ hours. When baked remove from oven and invert pan until cake is cold. To loosen cake, run a greased knife around the inside of the pan.

Ice with plain white vanilla icing and top with shredded cocoanut.

—Mrs. A. McFarlane.

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Golden Angel Food

- 1 cup cake flour
- $\frac{1}{2}$ tsp. cream of tartar
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup water
- 1 tsp. vanilla
- 7 eggs

Boil sugar and water until it spins a thread (without stirring). Pour hot syrup in a fine stream over the stiffly beaten egg whites and beat constantly for 5 minutes. Then add the beaten egg yolks. Then add the flour and cream of tartar a little at a time. Bake in an ungreased tube pan 50 to 60 minutes. Invert pan until cold.

—Mrs. Warlow.

—Mrs. Ed. Karst.

Angel Cake (small)

- 1 cup sweet milk
- 1 cup flour (more if using cake flour)
- 1 cup sugar
- $\frac{1}{2}$ tsp. baking powder
- pinch of salt
- 2 egg whites

Set milk in pan of boiling water and heat to boiling point. Sift dry ingredients well five times. Into this pour the hot milk. Stir smoothly then add the stiff whites. Fold them in carefully. Do not grease tin or flavor cake. Bake in moderate oven. Cool and ice with butter icing. May be baked in loaf or angel tin.

—Cal. McIntosh

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Cherry Nut Angel Cake

- $1\frac{1}{2}$ cup egg white
- $\frac{1}{4}$ tsp. salt
- 1 tsp. cream of tartar
- $1\frac{1}{2}$ cups sugar
- 1 cup flour
- $\frac{1}{4}$ cup chopped pecan nuts
- $\frac{1}{4}$ cup maraschino cherries, red or green
- $\frac{1}{2}$ tsp. flavoring

Add salt to egg whites and beat until frothy. Add cream of tartar and beat until egg whites stand in peaks. Sift sugar once and add egg whites and beat until a beautiful meringue is formed. Add flavoring. Sift flour once and gradually fold in. Place one-third in angel pan and sprinkle with nut meat. Divide remaining batter in half. To one portion add enough red coloring to make a delicate color. Add this to the first layer and cover with remaining batter. Bake one hour at 325.

Use the syrup off cherries with red coloring as flavoring for the pink part. Add vanilla to the white part. You may need to add a wee bit of flour to the pink when using cherry juice.

—Mrs. C. Bunyan.

Chocolate Angel Food

- 1½ cup egg whites
- ½ tsp. cream tartar
- ¼ tsp. salt
- 2 cups sugar
- ½ cup cocoa
- 1 cup sifted flour
- 1 tsp. vanilla

Sift sugar and cocoa together 4 times. Sift flour twice; measure and sift four times more. Whip egg whites on a large platter with a flat whip till frothy. Add cream of tartar and salt to the whites and continue beating until the whites are stiff but not dry. Sift sugar twice. Lightly fold 1 cup sugar mixture, 2 tbsp. at a time into egg whites. Add remaining cup sugar to flour and sift again. Sift 2 tbsp. flour over beaten egg whites. Fold in very lightly with whip. Sift 2 more tbsp. flour, fold in as before and repeat this process until all the flour is used. Bake in an ungreased tube pan in a slow oven (275-300). Baking time 1¼ hours.

—Mrs. Sadie Horning.



Windblown Cake

Beat yolks of 3 eggs, ¼ tsp. salt and ¾ cup cold water until you have 1 quart. Add 1¼ cups sugar gradually beating all the while. Sift and measure

- 1½ cups flour
- 1 tsp. baking powder

Fold in carefully a little at a time. Beat whites until foamy. Add ¼ tsp. cream of tartar and beat until they stand in peaks. Fold into cake and add ¼ tsp. each vanilla and almond flavoring. Bake 1 hour in slow oven in ungreased tubular pan.

—Mrs. F. Kopp.

Chiffon Cake

- 1 cup and 2 level tbsp. cake flour
- ¾ cup granulated sugar
- 1½ level tsp. baking powder, double action
- ½ tsp. salt
- ¼ cup salad oil
- 2 medium sized egg yolks unbeaten
- ¾ cup cold water (¼ cup plus 2 tbsp.)
- 1 tsp. grated orange or lemon rind (optional)
- 1 tsp. vanilla
- ½ cup egg whites (4)
- ¼ tsp. cream of tartar

Sift flour, measure, add sugar, salt and baking powder. Sift together into bowl No. 1. Make a well in the dry ingredients; add the cooking oil, unbeaten egg yolks and water, rind and vanilla. Beat with a spoon until satin smooth. Measure into large No. 2 bowl, egg whites and cream of tartar. Beat with rotary beater until very stiff. Egg whites must be beaten stiffer than for meringue or angel cake. Pour the No. 1 mixture on No. 2 very gently fold in with rubber scraper. Do not stir. Pour in ungreased pan, tube or flat pan. Tube pan: 40 minutes at 325 then increase to 350 for 10 minutes or until cake springs back when lightly touched with fingertip. Flat pan: 8x8x2, 30 minutes at 350.

N.B.—Orange and lemon rind may be omitted and instead pour over top of batter ½ cup very finely chopped nuts, gently folding in.

—Mrs. Robert Finlayson.

—Mrs. W. Pierce.

Air Cake

- 4 eggs
- 1 cup granulated sugar
- $\frac{3}{4}$ cups cold water
- 1 tsp. vanilla
- pinch salt
- 1 cup flour

Beat together egg yolks and water for 4 minutes. Add vanilla and sugar sifted and beat another four minutes. Sift salt and flour two or three times and fold in. Beat egg whites stiff and also fold in. Bake in large angel cake pan in slow oven for one hour.

—Mrs. Leary.



Sunshine Cake

- 8 eggs
- 1 cup sugar
- 1 cup flour
- $\frac{1}{2}$ cup boiling water
- 1 tsp. flavoring
- 1 tsp. cream of tartar
- pinch of salt

Separate eggs. Beat yolks until light. Add boiling water; beat until very light. Add sugar, 2 tbsp. at a time, beating until heavy. Beat whites of eggs, add cream of tartar; add flavoring and salt. Fold in flour in beaten yolks and sugar. Fold in beaten whites. Bake in tube pan 1 hour (350). Reverse and let cool before removing.

—Mrs. E. Noreen.



Johnny Cake

- 3 eggs beaten
 - 1 cup sugar
 - $1\frac{1}{2}$ cups sour cream
 - $1\frac{1}{2}$ tsp. soda
 - 1 cup flour
 - $1\frac{1}{2}$ cup corn meal
 - $\frac{1}{2}$ tsp. salt
- Mix in order given.

—Mrs. Nels Olson.

—Mrs. Walter Strome.

Angel Cake

- $1\frac{1}{4}$ cups of egg whites
- 1 cup sugar
- 1 level tsp. cream of tartar
- 1 cup of flour (cake)
- pinch of salt

Beat egg whites until stiff. Add $\frac{1}{2}$ cup of sugar and cream of tartar and beat well. Mix remaining sugar with flour and fold in. Flavor as desired.

—Mrs. Roy Sanderson.



Egg Yolk Sponge

- $1\frac{3}{4}$ cups flour (all purpose)
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cups egg yolks (8 large eggs)
- 1 whole egg
- $1\frac{1}{2}$ cups granulated sugar
- 1 tbsp. grated orange rind
- 1 tbsp. strained orange juice
- $\frac{1}{2}$ tsp. lemon extract
- $\frac{3}{4}$ cups boiling water

Sift together twice sifted flour, baking powder and salt. Pour back into sifter. In mixing bowl (about 2 quart capacity) beat egg yolks and whole egg with rotary egg beater until thick and creamy (about 5 minutes). Gradually add sugar, beating after each addition (about 10 minutes). Fold in orange rind, juice and flavoring. Sift dry ingredients into egg and sugar mixture. Fold in with light motion. Do not beat or stir. Add boiling water. Fold in quickly just until liquid is blended. Turn into ungreased tube pan and bake at 325 (moderate oven) for 60 to 65 minutes. Turn cake over in pan on wire cake rack after removing from oven. Let stand for an hour or until cool. Loosen with spatula and shake from pan. When cold, dust top lightly with icing sugar or frost.

—Mrs. A. M. MacDonald

Golden Lemon Cake

- 1½ cups cake flour (1 cup plus 2 tbsps.)
- ¾ cup sugar
- ½ tsp. salt
- 1½ tsp. baking powder
- ¼ cup salad oil (Mazola)
- 2 unbeaten egg yolks
- ¾ cup cold water (¾ plus 2 tbsps.) can be maraschino cherry juice, strong coffee or pineapple juice
- 1 tsp. vanilla
- 1 tsp. grated lemon peel
- ½ cup egg whites (4)
- ¼ tsp. cream of tartar

Sift flour, measure. Put measured flour, sugar, salt and baking powder into sifter; sift into mixing bowl. Make a well in dry ingredients, and add salad oil, egg yolks, liquid, vanilla or other flavoring, and grated peel in the order given. Beat with a spoon until satin smooth. Now take a larger bowl, measure in egg whites, add cream of tartar, and beat with a rotary beater until they form very stiff peaks. This should be stiffer than for angel food. Fold egg yolk mixture into whites. Pour batter into an ungreased pan. Flat cake should be baked in moderate oven (350 degrees) 35 minutes. Loaf cake or tube pan requires 55 minutes in 325 degree oven.

For variation use 2 ounces unsweetened chocolate melted and cooled.

—Mrs. D. MacDonald.

Fluffy White Layer Cake

- ¾ cup shortening
- 1½ cup sugar
- 3 cups cake flour
- 4 tsp. baking powder
- ½ tsp. salt
- 1 cup milk
- 1 tsp. almond extract
- 5 egg whites

Cream together shortening and sugar. Sift together flour, baking powder and salt; add alternately with milk to creamed mixture. Add almond extract. Beat egg whites stiff, fold in. Pour into 2 greased 9-inch layer pans. Bake in moderately hot oven (375) 30 minutes. Cool 5 minutes. Remove layers from pans; cool on wire rack.

—Irene Bull.



Magic Birthday Cake

- 2½ cup hard wheat flour
- 2 tsp. baking powder
- ¾ tsp. salt
- ½ cup margarine
- 1½ cup granulated sugar
- 4 eggs
- ¾ cup milk
- 1½ tsp. vanilla

Sift flour, baking powder and salt 3 times. Cream margarine and sugar; add 1 egg at a time, beating well after each addition. Add flour, milk, combining lightly. Turn into 7-inch and 9-inch round cake pan 1½ inches deep, which have been greased and lined on the bottom with greased paper. Bake in oven (350) 35 to 45 minutes. Cover and decorate cold cake with butter icing, tinted to match candles, for filling and lower layer.

—Mrs. S. Fulop.

BOB CUNNINGHAM

PHONE 94

INSURANCE OF ALL KINDS

REAL ESTATE

Featherweight Cake

- 1 cup fine sugar
- 3 eggs
- 1 cup flour
- 1½ tsp. (level) baking powder
butter size of an egg
- ½ cup milk
- 1 tsp. vanilla
- pinch of salt

Beat sugar and eggs together until very light and fluffy. Add flour, baking powder and salt which have been sifted together three times. Lastly beat in milk and butter which have been heated together to boiling point. Then add vanilla. Bake in greased pan at 300 degrees for 30 minutes.

—E. M. Hill.

—G. S. Reagen.

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Daffodil Cake

(SELECTED)

- 6 eggs
- 1 cup fine white sugar
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup flour
- 1 tsp. cream of tartar
- 2 tbsp. cold water
- 1 tsp. almond, lemon or vanilla
flavoring

Combine egg yolks with ½ cup sugar and cold water and beat for 10 minutes. Fold flavoring, remaining ½ cup sugar and ¼ tsp. salt into siffly beaten egg whites. Sift ½ cup flour with cream of tartar 4 times and fold into mixture No. 2. Turn into tube or loaf pan. Sift remaining ½ cup flour with baking powder and ¼ tsp. salt and add to mixture No. 1. Pour last mixture into white mixture in pan (do not stir). Bake in slow oven of 250 degrees for 45 minutes.

Cherry Cake

- 1 large cup sugar
- 1 cup butter, cream well by hand
- 3 eggs, one at a time
- 2 tbsp. cream
- 2 tbsp. cherry juice
- ½ tsp. baking powder
- pinch salt
- 2 cups flour sifted 4 times
- 1 cup cherries cut fine

Bake 1½ hours in moderate oven. Bake in loaf pan.

—Mrs. Barbara Spencer.

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Date Cake

- ½ cup soft butter
- 1½ cup brown sugar
- 2 eggs
- ½ cup milk
- 1¾ cup flour
- 3 tsp. cinnamon
- ½ tsp. nutmeg
- 1 tsp. soda
- ½ lb. chopped dates

Mixed in order given; beat well together for three minutes. Turn into buttered cake pan. Bake in moderate oven for 40 minutes. Remove from pan and sprinkle top with powdered sugar.

—Mrs. John McIntosh.

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Almond Cake

- ½ cup butter substitute
- 1 cup sugar
- 2 eggs (well beaten)
- ¾ cup sweet milk
- 2 tsp. baking powder
- 1¾ cups flour
- 2 tsp. almond extract
- ½ tsp. salt

Cream butter, add sugar and cream again; add well beaten eggs. Beat until creamy. Add dry ingredients sifted well together, alternately with milk. Chopped almonds may be used on top.

—Mrs. E. G. Teague.

Maple Walnut Cake

- 1½ cups brown sugar or 1¼ cups white sugar
- ½ cup butter or ¾ cup shortening
- 2 or 3 eggs
- 2¼ cups sifted flour (sift before measuring)
- ½ tsp. salt
- ¾ cup milk
- 1 cup chopped nuts
- 3 tsp. baking powder
- 1 tsp. maple flavoring

Cream sortening and sugar. Gradually add the beaten egg yolks. Add flour sifted twice; put in the baking powder in second sifting; alternately with milk; add flour and salt and nuts; lastly the egg whites beaten stiff.

- Mrs. E. F. Gardiner.
- Mrs. Bus McHarg.
- Mrs. Cassie Telford.
- Mrs. Irene Bull.

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Snack Cake

- 1½ cups flour
- ½ cup sugar (white)
- 1 tsp. vanilla
- 1 cup brown sugar
- ½ cup butter
- 2 egg yolks
- 1 tsp. baking powder
- 2 egg whites
- 1 cup chopped nuts or raisins

Take flour, white sugar and butter and rub well into the flour. Then add egg yolks well beaten. Also vanilla and baking powder. Mix together. This will be dry and crumbly. Then put in a greased, long tin.

For the top of the cake beat up: Brown sugar, walnuts and white of eggs together, and spread on top of cake. Bake in a moderate oven 20 minutes.

—Mary McMillan.

Golden Layer Cake

- ¾ cup butter or shortening
- 1 tsp. vanilla
- ½ tsp. lemon extract
- 1 cup granulated sugar
- 8 egg yolks, well beaten
- 2½ cups sifted cake flour
- ½ tsp. salt
- 3 tsp. baking powder
- ¾ cup milk

Cream butter or shortening until fluffy; add flavorings. Add sugar gradually, beating until creamy. Add egg yolks and beat again until light. Sift flour, salt and baking powder together three times. Add flour mixture to creamed mixture alternately with milk, beginning and ending with dry ingredients. Mix just until blended — do not beat after flour has been added. Pour into greased and lightly floured 9-inch layer cake pans. Bake in a moderate oven (350) for 20 to 25 minutes. Let stand 5 minutes; turn out.

Note:—This cake takes the yolks left from the party angel cake and will take the place of honor with it.

Fill with lemon filling. For this I use ½ of a Jello lemon pie filling. Then ice with plain white icing.

—Mrs. Arthur McFarlane.

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White Cake

- ½ cup butter, creamed
 - 1 cup white sugar, cream well
 - add ½ cup cold water
 - 1 cup Swansdown flour
 - 2 tsp. baking powder
- Beat and add:
- ¾ cup milk and another cup of flour
 - 1 tsp. baking powder

Mix until blended then add 1 tsp vanilla and ½ tsp. salt Lastly fold in 3 egg whites beaten stiff. Bake in moderate oven 35 minutes.

—Mrs. Alma Saich

Three-Egg Layer Cake

- ¾ cup shortening (part butter)
- 1 cup plus 2 tbsp. milk
- ¾ cup granulated sugar (scant)
- 2½ cup twice sifted flour
- 4 tsp. baking powder
- ¾ tsp. salt
- 1 tsp. vanilla
- ¾ cup granulated sugar
- 3 egg whites
- 3 egg yolks

Measure shortening and butter into mixing bowl and allow to stand at room temperature to become soft. Grease two 9-inch layer cake tins; line bottoms with waxed paper. Grease again and lightly flour. Preheat oven to 350 degrees (moderate). Heat milk in double boiler. Add ¾ cup sugar and stir until sugar is thoroughly dissolved. Set aside to cool slightly. Sift together twice sifted flour, baking powder and salt. Sift again. Cream shortening until fluffy. Add vanilla. Gradually add the other ¾ cup sugar, mixing until creamy. Beat egg whites until stiff but not dry. Set aside. Beat egg yolks and add to mixture. Add dry ingredients alternately with milk and sugar solution, starting and ending with dry ingredients. Fold in beaten whites just enough to blend; turn into pans and bake.

—Mrs. Beth Holderness.

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Banana Cake

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 cup mashed bananas
- ½ cup sweet milk
- 1 level tsp. soda
- 1½ cups flour
- 1 tsp. baking powder
- 1 tsp. vanilla
- pinch salt

Bake in layers in moderate oven about 40 minutes.

—Mrs. Walter Strome.

Fresh Orange Layer Cake

- 2¼ cups sifted cake flour
- 1½ cup sugar
- 2 tsp. double acting baking powder
- ¼ tsp. soda
- 1 tsp. salt
- ½ cup high grade vegetable shortening
- ¼ cup unstrained orange juice
- ¾ cup water or milk
- ½ to ½ cup unbeaten eggs (2 medium eggs)
- grated rind of 1 orange (about 1 tsp.)

Have all ingredients at room temperature (70-75). (Shortening should be soft, not melted). Preheat oven to 350 (mod). Grease and dust with flour 2 round, 8-inch layer cake pans (1¼ inches deep). Sift flour before measuring. Measure all ingredients accurately (level) before starting to mix. Sift together in bowl 2¼ cups sifted cake flour; 1½ cups sugar, 2 tsp. double acting baking powder; ¼ tsp. soda, 1 tsp. salt; add ½ cup sortening, grated orange rind, two-thirds cup liquid, ¼ cup unstrained orange juice, ¾ cup milk or water. Mix at medium speed for 2 min. Add remaining ½ cup liquid to ½ cup unbeaten eggs (2 medium). Beat 2 more minutes. Pour into pans and bake 30 minutes in moderate oven (350).

—Mrs. Warlow.

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For a Tickle in the Throat

- 1 tbsp. honey
- 1 tbsp. glycerine
- juice of 1 lemon

Mix and take a spoonful when your throat is irritated.

—Muriel (Revell) McCormack,
Calgary.

Cream Nut Filling And Frosting

- 2½ tbsp. cake flour
½ cup milk
½ cup shortening (half butter)
½ cup granulated sugar
¼ tsp. salt
½ tsp. vanilla
½ cup coarsely chopped nuts
1 cup confectioner's sugar

Into 2½ tbsp. flour gradually blend ½ cup milk. Cook to very thick paste (about 10 minutes) stirring constantly. Cool to lukewarm. Cream ½ cup shortening, ½ cup sugar, ¼ tsp. salt. Add lukewarm paste. Beat until fluffy. Fold in ½ tsp. vanilla, ½ cup coarsely chopped nuts. Use about ⅓ amount for filling. To remainder add up to 1 cup confectioner's sugar to make generous amount for top and sides.

—Norma E. Graham.



Lazy Daisy Cake

- 2 eggs well beaten
1 cup sugar added gradually
1 tsp. vanilla
1 cup flour
1 tsp. baking powder
½ tsp. salt

Heat the following to boiling point

- ½ cup milk
1 tsp. butter

Add to top mixture. Bake 30 minutes; then while hot add the following topping and return to the oven to brown.

- 3 tsp. melted butter
5 tsp. brown sugar
2 tsp. cream
½ cup cocoanut

(Mrs. Brown often makes a larger quantity of topping).

—Mrs. N. Brown,
1135, 6th St., Saskatoon.

Orange Cake

- 1 cup white sugar
½ cup butter
1 cup sweet milk
3 tsp. baking powder
2 cups flour

Sift flour, baking powder. five times. Lastly add 3 unbeaten egg whites.

FILLING:

- juice and rind of 1 orange
½ cup butter
yolks of 3 eggs
¾ cups brown sugar
Simmer until thick. (Butter and sugar may be less.)

—Mrs. M. C. Gardiner.



Orange Delight Cake

- ½ cup butter or margarine
1 cup granulated white sugar
2 eggs
1 tsp. soda
¾ cup sour milk
2¼ cups flour, sifted (use ¼ cup to flour fruit)
1 cup chopped dates
¼ cup chopped nuts
¼ cup cocoanut
¼ cup raisins
2 tbsp. grated orange rind

Cream butter or margarine, sugar and eggs until fluffy. Add orange rind. Sift flour. Measure and sift with soda. Add flour alternately with milk. Add chopped dates, nuts, raisins and cocoanut floured with ¼ cup flour. Turn into a greased and floured pan, size 8x8 x2½ or equivalent. Bake at 375 degrees for 40 minutes.

TOPPING:

While cake is baking mix juice of 1 orange, 1 tbsp. grated orange rind, ½ cup granulated white sugar. Allow to stand, stirring occasionally. When cake is baked, and before removing from pan, pour over orange mixture and allow to cool in pan.

—Mrs. Cal. McIntosh.

—Mrs. Ed. Hoffos.

Burnt Sugar Cake

- 1½ cups white sugar
 ½ cup butter
 2 eggs
 2 cups flour
 1 cup water
 2 tsp. baking powder
 vanilla

Burn sugar, then pour ½ cup of water over it. Save enough of this to mix with icing sugar for icing. Beat eggs and ½ cup water together. Then add other ingredients. Bake in moderate oven for 30 minutes.

--Mrs. Edwin Elander,
 Westport Homemakers' Club.

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Orange Cake

Cream together:

- ½ cup butter
 1 cup white sugar

Add 1 egg. Add alternately portions of each:

- 1 cup sour milk
 2 cups flour
 1 tsp. soda
 1 t.p. baking powder

Add:

- ½ cup dates
 ½ cup nuts
 ½ cup raisins
 rind of 1 orange

Bake in moderate oven. While still hot, ice with juice of 1 orange and either ½ cup icing sugar or white sugar.

Viola Franke.

--Mrs. Gilroy.

Mrs. Hazel McFarlane.

Orange Cake

- ½ cup butter
 1 cup sugar
 2 eggs separated
 ½ cup sour milk
 1 large orange
 1 cup raisins
 2 cups flour
 1½ tsp. baking powder
 ¼ tsp. salt
 ½ tsp. soda dissolved in 1 tbsp. hot water

Squeeze the juice from orange and add it to the milk; put remainder of orange through food chopper, together with the raisins. Mix same as butter cake, adding minced orange rind and raisins and stiffly beaten egg whites last. Bake in layers.

--Mrs. I. Liefse.

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Lemon Dream Cake

- ¾ cup butter
 ½ cup flour

Mix and put in 9x9 inch pan. Bake 15 minutes. Mix 1½ cups brown sugar, 2 t.p. flour, ¼ tsp. baking powder, pinch of salt. Add two well beaten eggs, 1 tsp. vanilla, 1 cup walnut, 1 cup coconut. Put on top and bake 20 minutes.

ICING:

- 1 cup lemon juice and rind
 4 t.p. melted butter

Powder sugar to suit. Spread on cake when cold. Cut in squares.

--Mrs. Warlows.

RATZ & COLLINGRIDGE

BLACKSMITHS — WELDERS

QUILL LAKE, Sask.

Lemon Crumble Cake

Mix like pie crust and put about half the mixture in bottom of pan. Then add filling and put remaining mixture on top. Bake until a nice brown.

BOTTOM AND TOP MIXTURE:

- 1 3/4 cups cracker crumbs
- 3/4 cup butter
- 3/4 cups flour
- 1 cup cocoanut
- 1/2 cup sugar

FILLING:

- 1 cup water
- 1 cup sugar
- 1 egg
- 1 tbsp. butter
- 1 tbsp. cornstarch
- juice and grated rind of 1 lemon

Boil until thick.

—Mrs. V. Krienke.



Lemon Slice

Mix together:

- 1 3/4 cups of cracker crumbs
- 1/4 cup of flour
- 1 cup of white sugar
- 1/2 cup cocoanut
- 3/4 cup butter
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 tbsp. milk

Make a filling of:

- 1 lemon, juice and rind
- 1 cup white sugar
- 1 egg
- 1 cup cold water
- 2 heaping tsp. corn starch dissolved in water

Put filling between layers of crumb mixture as for matrimonial cake and bake in moderate oven until lightly browned.

—Mrs. D. O. Haight.

Pineapple Upside Down Cake

Put one cup brown sugar in bottom of greased pan. Then 1 can sliced pineapple (without juice). Then make a light sponge cake and put on top. Bake until done. Turn upside down while the cake is still warm.

Can be served with or without whipped cream.

—Mrs. Norman Peters



Cocoanut Macaroon Cake

FIRST LAYER:

- 1/2 cup butter
- 3/4 cup sugar
- 3 egg yolks
- 1 tsp. vanilla
- 1/2 cup milk
- 1 1/2 cups flour
- 2 tsp. baking powder

Mix above then place in pan. Cover with second layer made by beating 3 egg whites to which has been added 1/2 cup sugar and 1 cup cocoanut. Bake 30 minutes.

—Mrs. Norma Haggard.

—Mrs. Anna Marshall.

—Mrs. Paul Braun.



Dream Cake

- 1 cup brown sugar
- 1/2 cup melted butter
- 2 tbsp. cocoa
- 1 egg
- 1/2 cup flour
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1/2 cup walnuts

Bake in moderate oven 20 to 30 minutes. Ice immediately upon removal from oven with icing sugar, 2 tbsp. cocoa, blended with butter and boiling water to spreading consistency.

—Mrs. Herb Lang, White Rock.

Excellent Cake

- 2 cups brown sugar
- 1 cup butter
- 2 eggs
- 1 cup sour milk
- 1 tsp. each soda, cloves, cinnamon and ginger
- $\frac{1}{2}$ tsp. salt
- 4 cups flour
- 1 cup raisins
- 1 cup currants
- 1 cup citron

Cream sugar and butter; add eggs and beat well. Mix fruit with 1 cup of the flour. Sift remaining flour, spices, soda and salt. Add sour milk and flour alternately. Mix in fruit. Bake in moderate oven.

—Mrs. H. F. King.

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Nutmeg Feather Cake

- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup shortening
- 1 $\frac{1}{2}$ cup sugar
- 3 beaten eggs
- 2 cups flour
- 1 tsp. baking powder
- 1 tsp. soda
- 2 tsp. nutmeg
- 1 cup buttermilk
- $\frac{1}{2}$ tsp. vanilla
- $\frac{1}{4}$ tsp. salt

Cream shortening and sugar; add eggs and beat well. Add sifted dry ingredients, alternating with buttermilk and vanilla. Bake in 2 waxed paper lined 9-inch layer cake pans in moderate oven (350) 25 minutes. Top with broiled coconut frosting which follows:

Combine:

- 6 tbsp. melted butter
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup cream
- $\frac{1}{2}$ tsp. vanilla

1 cup shredded coconut

Spread over warm cake and brown under broiler.

—Mrs. Barbara Spencer.

Date Cake

- 1 cup white sugar
- 1 $\frac{1}{2}$ cups flour
- 1 cup nuts
- butter size of egg
- large cup of dates
- 1 cup hot water
- 1 tsp. soda

Cut dates in small pieces. Cover with the cup hot water. Mix the sugar, flour and nuts together with butter (using hands). Add 2 egg yolks (well beaten). Put the semi in date and hot water and add. Beat egg whites stiff and fold in lightly. Add vanilla. Bake in slow oven.

—Mrs. F. Cotrell.

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Boiled Raisin Cake

- 1 $\frac{1}{2}$ cup raisins boiled 20 minutes with 1 tbsp. butter and 1 cup brown sugar
- Let cool and add:
- 2 beaten eggs
- 1 $\frac{1}{2}$ cup flour
- 1 $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- 1 tsp. soda
- $\frac{1}{2}$ tsp. vanilla

Bake in moderate oven (350) 30 to 35 minutes.

—Mrs. Arthur Thornton,
Sydney, Australia.

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Splendid Cake

- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sweet milk
- 2 tbsp. water
- 1 tsp. soda
- 1 tsp. cloves
- 1 tsp. ginger
- 1 $\frac{1}{2}$ tsp. cinnamon
- 1 $\frac{1}{2}$ tsp. nutmeg
- yolks of 3 eggs using whites of 2 for frosting.
- 2 cups flour

—Mrs. J. M. Robertson.

English Tea Cake

- $\frac{1}{4}$ cup butter
- 1 cup sugar
- 1 egg
- $\frac{1}{2}$ tsp. cloves
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- 1 cup sour milk
- 1 tsp. baking soda
- 2 cups flour
- pinch of salt
- 1 cup raisins

Cream butter, add sugar with spices. Add beaten egg. Add sour milk mixed with soda. Add flour and salt, mixing well. Add raisins. Put in greased loaf pan; bake till when tried with toothpick it comes out dry.

—Mina M. Jones.



Feather Spice Cake

- $2\frac{1}{2}$ cups flour
- $2\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. mace
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. cloves
- $\frac{1}{2}$ cup butter
- 1 cup sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{3}$ cup molasses
- 2 eggs

Sift dry ingredients three times. Cream butter, sugar, add beaten eggs, then molasses; add flour and milk alternately; beat until smooth and bake in moderate oven in 8-inch pan or 2 layer pans. Ice with mocha icing.

N.B.—Molasses may be omitted and strong coffee (cold) used instead of milk.

MOCHA ICING AND FILLING

Cream $1\frac{1}{2}$ tbs. butter and $2\frac{1}{2}$ cups icing sugar. Add $2\frac{1}{2}$ tbs. cocoa, 4 tbs. strong coffee and $\frac{1}{4}$ tsp. salt.

Stir until smooth. Spread between layers and on top of cake.

—Mrs. A. E. Howson.

Duchess Spice Cake

- $\frac{1}{2}$ cup shortening or butter
- $1\frac{1}{2}$ cup brown sugar
- 2 eggs
- 2 cups cake flour
- 1 tsp. soda
- 1 cup raisins
- $\frac{1}{2}$ tsp. nutmeg
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. cloves
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup nut meats
- 1 cup sour milk and cream mixed

Cream shortening, add sugar, then eggs well beaten; sift together. flour, soda, salt and spices; add alternately with milk, raisins and nuts. Bake in layers in moderate oven.

—Mrs. I. Liefe.



Plantation Marble Cake

- 2 cups sifted cake flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup butter or other shortening
- 1 cup sugar
- 2 eggs well beaten
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. each cloves and nutmeg or 1 tsp. vanilla
- 2 tbs. molasses

Sift flour, baking powder and salt 3 times; cream shortening; add sugar and cream until fluffy; add eggs; then flour alternately with milk. Beat after each addition until smooth. Add molasses and spices or vanilla to $\frac{1}{4}$ of batter. Place light and dark mixture alternately in 8x8x2 inch greased pan or 9x5x3 loaf pan. Bake in moderate oven (350) 50 minutes or until done.

—Mrs. Gus Sigstad.

English Marble Cake

- 1 cup shortening
- 2 cup sugar
- 4 eggs beaten
- 1 cup milk
- 3½ cups pastry flour sifted
- 3 tsp. baking flour
- 1 tsp. salt
- ½ cup chopped raisins
- 1 square chocolate, melted
- 2 tbsp. light molasses
- ½ tsp. cinnamon
- ¼ tsp. each nutmeg and allspice
- ½ tsp. vanilla

Sift flour, salt and baking powder. Cream shortening and sugar. Add flour. Divide batter. Add vanilla to one half; to the other add chocolate, molasses, spices and raisins.

Drop by alternate spoonfuls into greased large tube pan. Bake one hour. Ice with plain icing.

—Mrs. Gus Sigstad.

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Refrigerator Cake

Bake your favorite chocolate layer cake in 2 8-inch pans. Split each layer, making four layers in all.

Filling:

- ¾ cup butter
- 3 eggs, separated
- 1 tsp. vanilla
- 1 cup or more confectioner's sugar
- 4 squares (oz.) unsweetened chocolate

Cream butter, add sugar gradually. Cream until light and fluffy. Add egg yolks one at a time. Beat well between additions. Beat in melted chocolate, vanilla. Fold and beat in stiffly beaten egg whites till blended. Put four layers together by spreading filling between. Cover top with chopped nuts. Chill in refrigerator over night. 12 to 16 servings. Amount of sugar depends on size of eggs.

—Louise Andress,
Los Angeles, California.

Crumb Cake

- 2 cups flour
- ¾ cup butter
- 1 cup sugar

Rub flour, butter and sugar to crumbs. Take out 1 cup of crumbs for top of cake. Mix the remainder with:

- 1 egg
- 1 cup sour milk
- ½ tsp. soda
- 2 tsp. baking powder
- 1 t.p. cloves
- 1 tsp. cinnamon
- 1 cup raisins
- 1 cup currants

Pour mixture into well greased pan. Cover top with 1 cup of crumbs. Bake in moderate oven (375).

—Mrs. M. Graham.

—Mrs. Earl Durant.

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Rhubarb Cake or Pudding

Cut fine about ½ gallon rhubarb, wash, drain, put sugar over and let stand 1 hour; then make dough of:

- ½ tsp. soda
- 2 cups flour
- 1 egg
- 2 tbsp. butter
- ¾ cup sugar
- vanilla

Mix enough sour milk to roll about 1 inch thick; put in greased pan. Then pour juice off, and put rhubarb on dough. Sprinkle about ½ cup sugar over rhubarb and bake until rhubarb is soft; then beat, 1 egg, add 2 tbsp. sugar, ½ cup sweet cream, dissolve tbsp. cornstarch in cold water. Stir all this together and pour over rhubarb and leave in oven 10 minutes, so it looks like a custard on top. Serve with whipped cream.

—Mrs. Joe Hanke, Middle Lake.

Apple Sauce Cake

- 1 cup butter
- 1 cup brown sugar
- pinch salt
- 1 egg
- 1 heaping cup apple sauce (unsweetened)
- 1 cup raisins
- 1 cup chopped walnuts, optional
- 1 tsp. cloves, optional
- 2 tsp. cocoa, optional
- 1 tsp. soda

Add flour to thicken like sponge cake. Bake 1 hour.

—Mrs. J. Graham.

—Mrs. Saich.

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Pumpkin Walnut Cake

- $\frac{3}{4}$ cup chopped walnuts
- 1 $\frac{1}{4}$ cups flour
- 3 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 8 tbsps. butter
- $\frac{1}{2}$ cup white sugar
- 1 cup brown sugar
- 3 egg yolks
- $\frac{1}{2}$ cup sour milk
- 2 tsp. vanilla
- $\frac{3}{4}$ cup canned pumpkin

Coat walnuts with part of flour. Add baking powder, soda and salt. Cream butter and blend in sugars. Beat egg yolks until very light and add beating well. Sift in dry ingredients alternately with milk. Add vanilla and pumpkin. Turn batter in 8-inch square pan and bake 50 minutes (350).

—Mrs. Lloyd Mitchell, Delisle.

Coffee Cake

- $\frac{1}{2}$ cup shortening
- 1 cup white or brown sugar
- 2 eggs (separated)
- 2 $\frac{1}{4}$ cups flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 cup cold strong coffee
- $\frac{3}{4}$ cup walnuts, raisins or currants
- 1 tsp. vanilla

Cream shortening and sugar. Add egg yolks. Add dry ingredients and coffee alternately; then walnuts, vanilla and beaten egg whites. Bake 1 hour. Use any favorite icing.

—Mrs. Earl Durant.

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Tomato Soup Cake

- $\frac{1}{2}$ cup shortening
- 1 cup white sugar
- 1 can tomato soup
- 1 tsp. soda
- 1 $\frac{1}{2}$ cups Purity flour
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. cloves
- 1 cup raisins
- 1 well beaten egg

Cream sugar and shortening. Dissolve soda in soup and add to mixture. Add flour sifted with spices. Add raisins and mix thoroughly. Bake 1 hour in moderate oven of 325 degrees. By the addition of peel, nuts and currants, this cake may be transformed into a delicious fruit cake.

—Mrs. McCormack
(nee Muriel Revell)

GORDON & TAIT

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QUILL LAKE, Sask.

Matrimonial Cake

- 2 cups sifted flour
- 1 tsp. baking powder
- 1 tsp. salt
- $\frac{1}{2}$ tsp. baking soda
- $2\frac{1}{2}$ cups rolled oats
- $\frac{3}{4}$ cup brown sugar
- 1 cup butter (or butter with shortening mixed)
- cooked date paste

Sift flour with baking powder, salt and soda. Mix in brown sugar and rolled oats; then work in butter. Spread half of mixture in greased shallow pan and cover with date paste (made by cooking $1\frac{1}{2}$ lbs. of pitted dates with 2 cups of boiling water until thick). Spread remaining rolled oat mixture over top and bake in moderate oven about 50 minutes or nicely browned.

—Mrs. F. Tait.

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Walnut Slice

- 2 cups flour
- $\frac{3}{4}$ cup butter

Rub together; put in pan and bake 10 minutes.

Beat together:

- 2 eggs
- $\frac{1}{2}$ cup walnuts
- 1 cup brown sugar
- 1 tbsp. flour
- 1 tsp. baking powder
- 1 tsp. vanilla

Mix together and spread on first mixture. Bake 15 minutes more in moderate oven. Cherries and dates may be added to second mixture if desired. Ice with butter icing if desired and top with cherries.

—Mrs. Joe Hudolin, Sunset Lake.
—Mrs. Fred R. Graham.

Boston Short Cake

- 4 cups flour
- 4 tsp. baking powder
- enough shortening to make better than pie crust
- $\frac{1}{2}$ cup granulated sugar
- 1 egg (well beaten in cup)

Fill balance of cup with sweet milk. Roll crust and spread with desired filling. Roll up and slice about 1 inch thick and bake in moderate oven.

—Mrs. Reg. Cummings.



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Date and Nut Loaf

- $1\frac{1}{2}$ cups chopped dates
- 1 level tsp. soda
- 1 cup boiling water
- 2 eggs (1 if desired)
- 1 cup light brown sugar
- 1 tsp. salt (scant)
- 1 tsp. vanilla
- $1\frac{1}{2}$ cups flour
- 2 tsp. baking powder
- $\frac{3}{4}$ cup chopped walnut meats (optional)
- $\frac{1}{4}$ cup melted shortening (optional)

Stone and cut dates; place in bowl; add soda, pour over boiling water. Mix well; let stand until cool. Beat egg until light; add sugar gradually, beating between additions. Add salt and vanilla. Combine with date mixture. Add sifted dry ingredients and floured nuts. Add melted, but not hot, shortening. Mix well. Pour into well buttered bread pans and bake in a moderately slow oven (300 to 325) 1 to $1\frac{1}{4}$ hour.

Variation:—Use 1 cup flour and 1 cup all bran.

—Agnes Reell.
—Mrs. Earl Durant.
—Mrs. C. Barnes.
—Mrs. O. Online.
—Mrs. E. Bernitt.
—Mrs. Harry Reynolds.

Gingerbread

With Date, Nut and Cheese Filling

- ½ cup shortening
- ½ cup white sugar
- 1 egg (well beaten)
- 1 cup molasses
- 2½ cups sifted cake flour
- 1½ tsp. baking soda
- ½ tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. ginger
- ½ tsp. salt
- 1 cup hot water

Cream shortening. Add sugar; then egg and molasses. Add dry ingredients sifted together and then the hot water. Bake in layer cake pans in oven (375) for 30 minutes.

CHEESE FILLING

- 1 cup dates (chopped)
- ½ cup walnuts chopped fine)
- 2 3-oz. pkg. Philadelphia cheese
- ¼ cup milk

Mix together. Spread between layers.

—Mrs. J. F. Kirkbride, Seattle.



Icelandic Cake

- 2 cups flour
- 1 cup brown sugar
- ½ cup butter
- ½ cup lard
- 1 tsp. cinnamon and cloves
- 1 tsp. nutmeg
- 1 tsp. vanilla
- ½ cup sour milk
- 1 tsp. soda (level)
- 2 tsp. cream of tartar

Roll out in eight layers, the thickness of cookie, either round or oblong and bake. Put together with date filling (the eight layers). Ice top and sides with boiled icing or made with icing sugar. To serve cut through the eight layers into slices. Another flavoring and filling is prune filling with cardamom seed in batter and filling.

—Mrs. Fredman

Oldtime Gingerbread

- 2½ cup bread flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1 tbsps ginger
- ½ tsp. cinnamon
- ½ tsp. mace
- ½ tsp. nutmeg
- ½ tsp. shortening
- ½ cup brown sugar
- 1 tsp. grated orange rind
- 1 cup molasses
- 3 eggs, beaten
- ½ cup milk
- ¼ cup strained orange juice
- ¼ cup strong coffee or old cook-books call for cooking brandy

Sift together flour, baking powder, salt and spices. Cream together shortening and sugar until fluffy. Add the orange rind and molasses, mixing thoroughly. Combine eggs, milk, orange juice and coffee. Add to molasses mixture alternately with flour mixture. Beat into a smooth batter and bake in two 9-inch by 9-inch pans. Time: 35 to 40 minutes.

—Mrs. Frank Ratz



Icelandic Cake

BOTTOM LAYER:

- 1 cup flour
- ½ cup butter

Rub together and bake and cool before adding top layer.

TOP LAYER:

- 1 cup brown sugar
- 2 eggs
- 2 tbsps. flour
- ½ tsp. baking powder
- 1 cup walnuts
- ¼ cup coconut
- pinch of salt
- 1 tsp. vanilla

Pour over bottom layer and bake.

—Mrs. L. Taylor

"Julekake"**A Swedish Christmas Cake**

- 1 quart sifted flour
- $\frac{1}{2}$ pint lukewarm milk
- $\frac{1}{2}$ lb. butter
- 2 envelopes of quick rising yeast
- $\frac{1}{2}$ cup sugar
- 1 cup seedless raisins
- 8 cardamon seeds
- 1 cup chopped citron

Rub the shortening into the flour, remove husks from the cardamon seeds and bruise the kernels with a rolling pin. (If cardamon seeds are not available, use a tsp. of nutmeg.) Add the sugar, raisins and citron to the flour mixture and then the yeast which has been dissolved in $\frac{1}{2}$ cup of lukewarm water. Mix the dough well (adding the milk) and let it rise for about $1\frac{1}{2}$ hours or until it is nice and light. Then work it down and put it into greased pans and let it rise again until double in bulk.

- Bake in moderate oven for about 1 hour.

—Mrs. Axel Olson.

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Jelly Roll

- 1 cup sugar
- 5 eggs
- 1 cup flour (sifted)
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. lemon extract
- $\frac{1}{8}$ tsp. salt

Separate eggs and add beaten whites last.

—Mrs. Charles Marshall.

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Nut Bread

- 1 egg
 - 1 cup sugar
 - 1 cup sour cream
 - 2 cups flour
 - $\frac{1}{2}$ tsp. baking powder
 - $\frac{1}{2}$ tsp. salt
 - 1 tsp. soda
 - 1 cup chopped walnuts
- Bake 1 hour in moderate oven.
- Mrs. E. F. Gardiner, Jr.

Banana Nut Loaf

- $\frac{1}{2}$ cup butter
 - 1 cup sugar
 - 2 eggs
 - 3 mashed bananas
 - 8 tbsp. milk
 - 1 tsp. soda
 - 1 tsp. baking powder
 - $\frac{1}{2}$ tsp. salt
 - 1 cup chopped walnuts
 - $2\frac{1}{2}$ cups flour
- Mix all together and bake in a loaf pan.

—Mrs. Minnie Graham.

—Mrs. R. Rodgers.

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Nut Bread

- 1 egg (beaten)
 - $\frac{3}{4}$ cup brown sugar
 - 1 cup milk
 - 1 tsp. salt
 - 1 tsp. vanilla
 - 2 cups flour
 - 3 tsp. baking powder
 - 1 cup chopped nuts
- Mix in the order given. Sift flour and baking powder together. Stir in with other ingredients. Put in loaf pan. Let stand for 20 minutes in a warm place. Bake in a moderate oven 45 minutes or until done.

—Mrs. Nels Olson.

—Mrs. Norma Haggard.

—Mrs. Clara B. Walker.

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Jelly Roll

- 1 cup sugar
- butter size of an egg
- 1 cup flour
- 3 eggs, well beaten
- 1 scant tsp. baking powder
- 3 tbsp. cold water
- little salt

Bake in hot oven 10 minutes. When baked turn out on wet cloth, spread with jelly and roll. This never fails.

—Mrs. J. M. Robertson.

—Mrs. Eldine Welsh.

—Mrs. F. Kopp.

Cream Puffs

Doughnuts

Pancakes and Muffins

Cream Puffs

1 cup flour

$\frac{1}{2}$ cup butter

5 eggs (may vary 3 to 5 eggs)

1 cup water.

Have the water boiling, add butter to water in a small, smooth saucepan, and place over the heat. When butter is melted, and while the mixture is boiling, sift in the flour. Stir mixture rapidly until it makes a ball that comes away from the sides of pan. Do not over cook. Overcooking will make the mixture greasy and heavy.

Remove pan from fire. Cool dough slightly, then add the eggs, unbeaten, one at a time. Grease a muffin pan. About 1 tablespoon of mixture is required for each puff.

Bake in a moderate oven, 350 to 375 degrees F. for about 45 minutes. Do not open the oven door until puffs have been in the oven for at least 20 minutes. If removed from oven too soon, puffs will collapse. When the shells are

cold, make a hole in one of the natural depressions and fill the puff with sweetened and flavored whipped cream.

—Mrs. L. Griller.

—Mrs. Mervyn Sunderland.

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Pancakes

2 cups flour

$\frac{1}{2}$ cup wheatlets

2 tsp. baking powder

($\frac{1}{2}$ tsp. soda instead if sour milk is used)

$\frac{1}{2}$ tsp. salt

2 eggs

enough milk for a thin batter

—Mrs. R. E. Press, Kelvington

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Pancakes

2 cups buttermilk

salt

1 tsp. soda

flour to thicken

—Mrs. Bus. McHarg

Yeast Doughnuts

- 4½ cups flour
- ½ cup butter
- ¼ cup sugar
- 2 eggs
- 1 cup milk
- 1 pkg. yeast
- ½ lemon rind (grated)
- 1 lemon juice
- 1 tsp. salt

Start yeast in water. Warm flour and milk separately. Make a hole in flour. Put in the yeast and let rise. Then add the other ingredients and let rise again. Roll out about ½ inch thick and cut with doughnut cutter. Let rise again. Fry in deep fat.

—Mrs. N. Dewhurst.

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Three-Egg Doughnuts

- 1 cup thick cream
- ¾ cup sugar
- 3 eggs
- 3 cups flour
- ¾ tsp. salt
- 1 tsp. grated nutmeg
- 4 tsp. baking powder
- 1 tsp. vanilla extract

Sift dry ingredients. Cream the cream with one-half the sugar; beat the eggs until light; add remaining sugar, beating between additions. Dough must be soft but not sticky. Cover the bowl and chill 1 hour before rolling. Dust the board generously with flour, press or roll the dough to ¼ inch thickness. Dip cutter in flour before cutting the dough. When fried sprinkle with sugar. Fry the doughnuts at 360 to 365 degrees.

—Mrs. L. Griller.

Doughnuts

- 3 eggs
 - 2½ cups sweet milk
 - 2 cups sugar
 - 2 tsp. cream of tartar
 - 1 tsp. soda
 - spices to taste (little nutmeg)
 - butter size of an egg
- Roll out. Cut in shapes and fry in hot lard. While hot dip in fine sugar.

—Mrs. J. Robertson.

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Doughnuts

- 1 cup sugar
- 5 tbsp. Crisco or other shortening
- 3 eggs
- 4 tbsp. baking powder
- 1 tsp. salt
- 1 cup milk
- flavor to taste
- flour to make a soft dough
- 4½ or 5 cups flour before sifting

Cream Crisco and sugar gradually, and eggs well beaten. Sift dry ingredients. Add alternately with milk to egg mixture. Cut with cutter and fry in deep fat. This will make about 60 doughnuts.

—Mrs. Clarence Nelson,
New Westminster, B.C.

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Doughnuts

- 2 eggs
- 2 scant spoons of shortening
- 1 small cup sugar
- 1 cup milk
- ½ tsp. salt
- ¼ tsp. nutmeg
- 4 tsp. baking powder

Add enough flour to make a soft dough. Fry in the usual way.

—Mrs. T. Drury, Barrie, Ont.



Cookies

Oatmeal Cookies

- 1 cup butter
- 1 cup sugar
- 2 cups flour
- $\frac{1}{2}$ cup buttermilk
- 1 tsp. soda

2 cups oatmeal
Blend butter, sugar, oatmeal, flour together. Add soda to buttermilk, mix lightly and roll thin. Bake in moderate oven until golden brown. These may be used plain or filled with dates or jam. If other shortening is used in place of butter $\frac{1}{2}$ tsp. salt should be added.

—Mrs. Earl Durant.

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Oatmeal Cookies

- 2 cups brown sugar
- 1 cup lard or butter (mixed)
- 2 eggs
- 2 cups rolled oats, chopped
- $2\frac{1}{2}$ cups flour
- 2 tsp. soda, dissolved in a little warm water
- 1 cup raisins
- $\frac{1}{2}$ cup chopped walnuts
- 1 tsp. vanilla
- pinch of salt

Cream butter and sugar; add well beaten eggs. Then add dissolved soda and sifted flour, rolled oats, raisins and nuts. Add vanilla. Roll in balls and press flat with floured fork. Bake until a nice brown in moderate oven.

—Muriel Graham.

Oatmeal Cookies

- $2\frac{1}{2}$ cups oatmeal
- $2\frac{1}{4}$ cups flour
- 1 cup butter
- 1 cup white sugar
- 2 eggs
- 4 tbsp. sour milk
- 1 tsp. soda
- 1 tsp. cinnamon

Roll out, bake, and fill with date filling if desired.

—Mrs. Hare.

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Oatmeal Date Filled Cookies

- 2 cups oatmeal
- 2 cups flour
- 1 cup sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup lard
- $\frac{1}{2}$ cup sour milk
- 2 small tsp. soda

Roll very thin; bake and fill with dates while hot.

—Mrs. Jack Nicol.

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Dad's Oatmeal Cookies

- $\frac{1}{2}$ cup butter
- 1 egg
- 1 cup flour
- $\frac{1}{2}$ cup (scant) cocoanut
- $\frac{1}{2}$ cup (scant) chopped walnuts
- 1 tsp. vanilla
- 1 cup brown sugar
- 1 cup quick oatmeal
- $\frac{1}{2}$ tsp. soda

Drop and press cookies in pan. Bake in moderate oven.

—Laura Pierce.

—Mrs. A. Holt.

Hilda's Cookies

- 1 cup brown sugar
- 2 cups rolled oats
- 1 cup butter
- 2 cups flour
- $\frac{1}{4}$ cup boiling water
- $\frac{3}{4}$ tsp. soda
- 1 tsp. vanilla

Roll thin and put together with date filling. These stay moist and are very rich.

—Mrs. C. Bunyan.

**Cocoanut Macaroons**

- 2 cups sugar
- 2 cups cocoanut
- 2 tbsp. corn starch
- 3 egg whites
- 1 tsp. vanilla

Mix sugar, corn starch and beaten egg whites together. Put in double boiler and cook until crust appears on sides of boiler. Add cocoanut and vanilla. Drop on buttered paper and cook in slow oven. These may be kept indefinitely sealed in tin. Pitted dates may be dipped in above mixture and baked in a similar manner.

—Mrs. Mervyn Sunderland.

—Mrs. R. Meiklejohn.

**Cocoanut Macaroons**

- 1 cup brown sugar
- 2 eggs
- 1 tbsp. butter
- 1 cup chopped walnuts
- 1 cup chopped dates
- shredded cocoanut

Beat eggs and add brown sugar, chopped nuts and dates. Mix thoroughly, then drop a small spoonful into a dish of shredded cocoanut. Roll into an oblong shape and bake in a moderate oven on a well greased cookie sheet until a delicate brown.

—Mrs. Leary.

Cocoanut Lemon Squares

- $\frac{1}{2}$ cup Martin's Cocoanut
- $\frac{3}{4}$ cups flour
- 1 tsp. baking powder
- 2 tbsp. milk
- $1\frac{3}{4}$ cups cracker crumbs
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cups butter

Mix dry ingredients. Rub in butter and add milk. Put half this mixture into large square or oblong pan and pour the following filling over it. (9x9 pan).

FILLING:

- 1 cup boiling water
- 1 cup sugar
- juice and rind of 1 lemon
- 1 egg
- 2 tbsp. corn starch
- $\frac{1}{4}$ tsp. salt

Mix sugar, corn starch and salt together. Add boiling water slowly. Cook until slightly thickened and pour into beaten egg. Return to stove and cook until thickened. Add lemon juice and rind and pour onto cracker mixture. Add remainder of crumbs to cover top and bake 45 minutes at 325 degrees.

—Mrs. John Martin.

**Cocoanut Oatmeal Macaroons**

- 1 cup brown sugar
- 2 tbsp. shortening
- 2 eggs, well beaten
- $\frac{1}{2}$ tsp. salt
- 1 tbsp. flour
- 1 tsp. baking powder
- 2 cups oatmeal
- 1 cup cocoanut
- 1 tsp. vanilla

Mix in order. Bake in moderate oven.

—Mrs. R. Millard.

Oatmeal Crispies

- 1 cup shortening
- 1 cup ~~butter~~ *Brown sugar*
- 1 cup white sugar
- 2 beaten eggs
- 1 tsp. vanilla
- 1½ cups flour
- 1 tsp. soda
- 3 cups quick oatmeal
- ½ cup chopped walnuts

Mix in order given; roll in rolls.
Chill, slice and bake.

—Mrs. Charles Walters.

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Porcupines

- 2 eggs
- 1½ cups brown sugar
- 2 tbsp. melted butter
- 2 tsp. vanilla
- 2 cups dates
- 1 cup chopped walnuts
- 1 cup cocoanut

Roll in cocoanut and bake in slow oven until brown.

—Violet Payton.

★ ★ ★

Porcupines

- 3 egg whites
- 1 cup sugar
- 1 tbsp. corn starch
- 1 large cocoanut

Place all but cocoanut in top of double boiler. Stir. Then beat with egg beater until stiff. Take from stove and add cocoanut. Drop in greased pans and bake.

—Mrs. Cleve Graham.

★ ★ ★

Cocoanut Macaroons

- 2 eggs
- 1 cup sugar
- pinch salt
- 1 tsp. vanilla
- 4 cups cocoanut

Mix all together and drop on buttered tin. Moderate oven.

—Beryl Emary.

Cocoanut Bells

- ⅓ cup Crisco or butter
- 1 cup white sugar
- 2 eggs (save 1 white)
- 1½ cups sifted flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 tbsp. milk
- ½ tsp. vanilla
- ½ tsp. lemon juice

Cream shortening and sugar. Add eggs. Sift dry ingredients. Add to mixture alternately with milk. Blend thoroughly. Add flavorings. Spread ½ inch thick in shallow greased pan. Cover with cocoanut meringue. Bake 30 minutes in slow oven.

MERINGUE:

- 1 egg white
- 1 cup light brown sugar
- ½ tsp. vanilla
- ⅓ cup shredded cocoanut

Beat egg white stiff. Beat in sugar adding ⅓ cup at a time. Add flavoring. Fold in cocoanut. Spread on cake batter and bake in slow oven. Cut in squares and cool.

★ ★ ★

Cocoanut Delight Cake

BOTTOM CRUST:

- ¾ cup butter
- ¾ cup white sugar
- 1½ cups flour

Mix together well and spread in a pan (9x9). Bake 10 minutes. After cooled a bit spread with jam.

TOP:

- 1 egg white
- ¾ cup brown sugar
- ¼ tsp. salt
- ½ tsp. vanilla
- ½ cup cocoanut

Beat egg whites until stiff; add sugar, salt and vanilla; fold in cocoanut. Pour over crust and jam. Bake 35 minutes (325).

—Eileen Friesen.

Peanut Macaroons

whites of 2 eggs beaten stiff
 $\frac{1}{2}$ cup granulated sugar
 Fold in two cups cornflakes and 1 cup peanuts and pinch salt. Drop in tin from spoon and bake in 350 degree oven for 20 minutes.

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Cocoanut Logs

1 tbsp. butter
 $\frac{1}{2}$ cup white sugar
 1 egg
 1 cup chopped nuts
 1 cup dates, cut small
 $\frac{1}{2}$ tsp. vanilla
 cocoanut

Cream butter and sugar. Add egg. Stir in dates and nuts. Add vanilla. Drop from teaspoon into cocoanut and shape into logs. Bake until lightly brown in moderate oven.

—Muriel Graham.

★ ★ ★

Jam Jams

1 cup fresh pork dripping
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup corn syrup
 1 egg
 2 tsp. soda dissolved in 4 tsp. hot water
 1 tps. vanilla
 flour to make soft dough

Jam while hot.

—Mrs. Charles Walter.

★ ★ ★

Cocoanut Cookies

1 cup butter or shortening
 1 cup brown sugar
 1 cup white sugar
 1 egg
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups rolled oats
 $\frac{3}{4}$ cups cocoanut (optional)
 2 tsp. baking powder
 1 tsp. soda
 vanilla or cocoanut flavoring
 Mix; drop from spoon on greased pan. Bake in quick oven until brown.

—Mina M. Jones.

Filbert Macaroons

2 egg whites stiffly beaten
 Gradually beat in 1 cup granulated sugar. Mix in 1 cup filberts cut in small pieces. $\frac{1}{2}$ cup fine soda biscuit crumbs. Mixture must be quite stiff. Drop on greased cookie sheet and bake in 350 oven for 15 minutes.

—E. M. Hill.

★ ★ ★

Cocoanut Macaroons

3 egg whites, beaten stiff
 Add 1 cup sugar. Place container over boiling water for 10 minutes. Remove and add $\frac{1}{2}$ lb. cocoanut and vanilla. Drop in well greased pan. Bake until brown.

—Mrs. Agnes Whitehead, Wadena.

★ ★ ★

Cherry Chews

1 cup white sugar
 1 cup butter
 1 cup brown sugar
 2 eggs
 Blend. Add 1 tsp. soda in drop of water and add to above. Add:
 $\frac{1}{2}$ lb. cherries
 1 cup fine cocoanut
 2 cups oatmeal
 2 cups flour
 1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 Drop by spoonfuls on cookie sheet. Yield, 10 dozen.

—C. Telford.

★ ★ ★

Cocoanut Drop Cookies

1 cup cocoanut
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup butter
 1 egg
 vanilla
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 2 tsp. baking powder
 salt

Drop off spoon.

—Mrs. Vera Durant.

Jam Jams

- 1 cup brown sugar
- 1 cup butter
- 2 eggs
- 6 tbsp. syrup
- 2 small tsp. soda
- 1 tsp. vanilla
- $\frac{1}{4}$ tsp. salt
- enough flour to roll out

Put in jam while warm.

—Mrs. Ada E. Holderness.
—Mrs. A. Holt.

★ ★ ★

Poensettia Cookies

- $\frac{3}{4}$ cup butter
- $\frac{1}{2}$ cup fine granulated sugar
- 2 egg yolks or 1 whole egg
- 2 cups pastry flour
- 1 tsp. baking powder
- pinch of salt

Cream butter and sugar well. Add beaten egg. Blend in flour which has been sifted with baking powder and salt. Roll to about $\frac{1}{4}$ inch thickness and cut with round cookie cutter. Make 4 cuts almost in centre of cookies at equal distance. Fold 4 points to the centre as a pinwheel. Place a piece of candied cherry in the centre. Bake in moderately slow oven until cookies are delicately browned. About 15 minutes.

—Mrs. McKinnon.

★ ★ ★

Harvard Nuts

Beat the white of 1 egg until light. Add yolk and beat. Add 1 cup of brown sugar well crushed, 1 teaspoon almond flavoring, 1 cup crushed walnuts, a little salt. Turn into a buttered pan. Bake 20 to 25 minutes until done. Remove and while still hot, roll into balls and roll in white sugar.

—Barbara Spencer.

Jam Goodies

- 2 cups flour
- $\frac{1}{4}$ cup sugar
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 cup butter
- 1 egg
- 1 tsp. vanilla

Mix dry ingredients. Rub in butter. Break eggs into cup; add vanilla and milk and beat together. Add to dry ingredients. Roll thin. Cut in squares; and put in muffin tins. Put a little raspberry jam in centres and fold corners over to the centre.

—Mrs. H. McKinnon.

★ ★ ★

Cheese Dainties

Cream $\frac{1}{2}$ cup butter with small package of cream cheese.

- $\frac{1}{2}$ tsp. salt
- 1 tbsp. milk
- 1 cup flour
- 1 tsp. baking powder

Roll out quite thin. Shape with small cookie cutter. Spread one half with $\frac{1}{4}$ tsp. marmalade. Put another on top, pressing the edges together. Bake in hot oven.

—Mrs. Barbara Spencer.

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Maids of Honor

- $\frac{1}{2}$ cup lard or butter
- 2 eggs
- $\frac{3}{4}$ cup sugar
- 2 cups flour or (3 cups)
- 2 tsp. baking powder
- pinch of salt

Cream lard and eggs together, add sugar. Mix well. Add other ingredients, sifted together. Roll into small balls and press deep holes in middle by pressing dough up around tin. Fill with jam. Bake as you would drop cookies.

—Mrs. C. D. Foster.

Orange Balls

- ½ cup sugar
- 2 tbsp. butter or shortening
- 2 eggs
- 2 cups sifted flour
- 2 tbsp. baking powder
- ¼ tsp. salt
- ½ cup pure orange juice
- 2 tbsp. grated orange rind

Cream sugar and butter, then break in the eggs, beating thoroughly after each one. Add the sifted dry ingredients gradually and last the orange juice and rind. Drop from teaspoons and fry in deep fat. While still warm roll each one in icing sugar.

—Mrs. A. G. Bates.

★ ★ ★

Party Delight

Mix:

- 1 cup flour
- ¼ cup brown sugar
- ½ cup butter

Put in 8-inch pan and brown in oven.

FILLING:

- 1 cup brown sugar
- 2 eggs
- 1 tsp. flour
- 1 tsp. baking powder
- ¼ cup cocoanut
- ¼ cup cherries
- ½ cups nuts
- pinch of salt
- vanilla

Pour on above and bake in oven half an hour.

—Jean Beatty, Austin, Manitoba.

★ ★ ★

Rice Krispie Kake

- ¼ lb. butter
- 3 tbsp. honey
- 15 marshmallows or 2 toffee bars

Cook in top of double boiler until soft. Mix in one package of rice krispies.

—Mrs. Bus McHarg.

Vinartartar

- 1½ cups sugar
- 1 cup butter
- 3 eggs
- ½ cup milk
- 1 tsp. almond
- ½ tsp. baking powder
- 1 tsp. vanilla

Mix in flour to make a stiff dough. Divide into 10 parts. Put on board and knead. Roll out thin and cut the size of pie plate (10 layers). Turn plate upside down. Place on bottom of plate. Bake in quick oven. Cool and put together with the following mixture:

Two lbs. prunes cooked in very little water. Stone. Put through food chopper. Sweeten to taste. Season with cinnamon. Spread between layers. Let stand a week.

—Mrs. Fred Kopp.

★ ★ ★

Date Crunchies

- 1 can Eagle Brand condensed sweetened milk
- ½ lb. graham wafers
- 1 cup dates
- 1 tsp. vanilla
- ½ cup walnuts

Thoroughly blend milk, wafers, walnuts and vanilla. Drop by spoonfuls; bake in oven 375 degrees. Makes 3 dozen.

—Mrs. Eldine Welsh.

★ ★ ★

Krispy Delight

- 1 cup rice krispies
- 1 cup rolled oats
- ¼ tsp. salt
- 1 cup brown sugar
- ½ cup melted butter
- 1 tsp. vanilla

Mix all dry ingredients. Then add melted butter and vanilla. Bake in very slow oven (250) until mixture bubbles.

—Mrs. C. Telford.

Holiday Cookies

Cream $\frac{1}{2}$ cup shortening with 1 teaspoon vanilla and 1 cup sugar; beat in 1 egg. Sift $2\frac{1}{4}$ cups flour with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon each soda and salt. Add alternately with $\frac{1}{2}$ cup milk to cream mixture. Roll dough by teaspoons in wheat flakes. Bake in a moderate oven 15 minutes.

—Mrs. H. Bannatyne.

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Krispie Cookies

4 ~~ts.~~ butter
4 ~~ts.~~ lard
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup white sugar
1 egg
1 cup rice krispies
 $\frac{3}{4}$ cup rolled oats
 $\frac{1}{4}$ cup cocoanut
 $\frac{3}{4}$ cup flour
 $\frac{1}{4}$ tsp. soda
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. salt

Cream butter and lard. Add sugar, egg and vanilla working in well. Combine rolled oats, cocoanut, flour, salt and soda; then add to first mixture. Drop from spoon and press with a fork. Remove from pan while warm.

—Mrs. M. Chyz

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Corn Flake Cookies

$\frac{1}{2}$ cup shortening
1 cup brown sugar
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. baking powder
2 eggs
 $\frac{1}{2}$ tsp. salt
1 cup chopped nuts
 $\frac{1}{2}$ cup chopped dates
2 cups corn flakes

Mix by usual method.

—Mrs. D. MacDonald.

Graham Wafer Cake

1 tin sweetened Eagle Brand condensed milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. cloves, nutmeg, allspice
4 cups graham wafer crumbs
1 cup of currants
1 cup of raisins
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ cup of chopped cherries
Roll wafers fine. Add salt and spices. Mix well. Add other ingredients. Put into a pan lined with wax paper. Put in refrigerator and let stand for two days before cutting.

—Viva Duguid.

★ ★ ★

Puffed Wheat Cake

Boil to soft ball stage (about 10 minutes).

1 cup brown sugar
 $\frac{1}{2}$ cup syrup
 $\frac{1}{2}$ cup butter
2 tbsps. cocoa
1 or 2 tsp. vanilla
When ready, add 8 cups puffed wheat and press into pan.

—Evelyn Bodnard, Englefeld.

—Mrs. James Ingram, Jr.

★ ★ ★

Cheese Cake

$\frac{1}{2}$ lb. graham wafers
 $\frac{1}{2}$ cup melted butter
2 eggs, beaten
 $\frac{3}{4}$ cup sugar
1 lb. cottage cheese
1 orange rind and juice
Roll wafers, melt the butter. Put half this mixture into a greased 9-inch square pan. Cream the cheese and sugar and add the beaten eggs one at a time and 1 orange rind and juice. Spread this over the graham wafers in the pan and cover with the remaining graham wafer mixture. Bake in a moderately slow oven for 30 minutes (300).

—Miss N. Payton,

Dept. Women's Work,
Saskatoon.

Precious Moments

- 15 marshmallows, cut fine (scissors good to cut with)
 15 graham wafers, cut fine
 $\frac{1}{2}$ cup Eagle Brand milk
 $\frac{1}{2}$ cup dates, cut fine
 $\frac{1}{2}$ cup walnuts

After all has been mixed together roll in small balls and roll in graham wafer crumbs.

—Mrs. C. A. Gordon.



Chinese Chews

- 1 cup sugar
 2 eggs
 $\frac{3}{4}$ cup flour
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 1 cup chopped nuts
 1 cup dates

To beaten egg yolk add sugar. Sift flour, baking powder and salt. Add nuts and dates, and add to first mixture alternately with beaten egg whites. Spread in a shallow pan and bake in moderate oven. While hot, cut in narrow strips and roll in powdered sugar.

—Mrs. Mary McMillan.

—Mrs. A. M. MacDonald.



Rich Cookies

- $1\frac{1}{2}$ cups butter
 $1\frac{1}{2}$ cups brown sugar
 2 eggs
 1 tsp. soda
 1 tsp. cream tartar
 $\frac{1}{4}$ tsp. salt
 $3\frac{1}{2}$ cups flour

Roll in small balls and press down with fork dipped in flour. Bake in moderate oven.

—Mrs. H. F. King.

Sugar Cookie Hearts

- $3\frac{1}{2}$ cups sifted pastry flour or 3 cups sifted all purpose flour
 3 tsp. baking powder
 1 tsp. salt
 $\frac{3}{4}$ cup Jewel shortening
 1 cup fine granulated sugar
 2 eggs
 $\frac{1}{4}$ cup milk
 1 tsp. pure vanilla

Measure flour and add baking powder and salt. Cream shortening slightly. Then blend in granulated sugar. Beat and add eggs. Sift in dry mixture alternately with enough milk to make a cookie dough which may be handled on lightly floured baking board. Add vanilla. Roll dough thin, cut into heart shapes with floured cookie cutter. Top with colored granulated sugar (made by stirring in a few drops of food coloring). Bake in pan in moderate oven (350) about 20 minutes.



Golden Fancies

- 1 cup shortening
 $\frac{1}{2}$ cup brown sugar
 1 egg
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{4}$ cup hot water
 2 cups flour
 2 tsp. baking soda

Cream shortening. Add sugar. Mix well. Add unbeaten egg. Beat well. Add corn syrup and hot water. Add sifted dry ingredients in 3 additions, mixing well. Chill thoroughly. Take out spoonfuls of dough and roll between the palms of the hand into small round balls. Place about 2 inches apart on greased sheet. Flatten with tine of fork. Bake in moderate oven for 12 minutes. When cool put together with strawberry jam. Makes about 30 sandwich cookies.

—Mrs. John McIntosh.

Shortbread Cookies

- 1 cup brown sugar
- 1 cup butter
- 1 cup shortening (butter preferred)
- 5 cups floured

Roll sugar to make sure there are no lumps. Have butter at room temperature until soft; then cream with sugar thoroughly. Work flour in with your hands; work until dough is stiff and waxy. Roll or pat about $\frac{1}{8}$ -inch thick, cut with a cookie cutter and prick with fork. Bake in rather slow oven until a pale straw color, about 30 minutes.

—Mrs. L. Sanderson.

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Icebox Cookies

- 2 cups brown sugar
- 1 cup butter
- 2 eggs
- 1 tsp. soda
- $\frac{1}{2}$ tsp. salt
- 1 cup chopped walnuts
- 1 tsp. vanilla
- $3\frac{1}{2}$ cups flour

Cream butter; add well beaten eggs; add walnuts and flour. Make into rolls and let set over night. Slice with sharp knife and bake.

—Mrs. Ada E. Holderness.

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Dad's Cookies

- $\frac{3}{4}$ cup shortening
- 1 egg
- 1 cup sugar
- $1\frac{1}{4}$ cups quick rolled oats
- $\frac{1}{4}$ cup molasses
- 1 tsp. baking soda
- $1\frac{1}{4}$ cups flour

Roll in balls and press with fork.

—Mrs. A. Summach, Asquith.

Standard Refrigerator Cookies

- 6 cups flour
- 4 tbsps. baking powder
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ cups butter
- 3 cups brown sugar
- 2 eggs, well beaten
- 2 tsp. vanilla.

Sift flour, salt and baking powder. Cream shortening and sugar until fluffy. Add eggs and flavoring. Mix well. Add dry ingredients. Divide in two equal parts. To one part add 1 cup cocoanut; to second part add $\frac{1}{2}$ cup chopped walnuts, and 1 cup dates, chopped. Shape each piece of dough in a roll and chill. When firm slice and bake in over 375 degrees 10 to 12 minutes. Makes 10 dozen.

—Mrs. Eldine Welsh.

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Brownie DeLuxe

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- pinch of salt
- 2 eggs, well beaten
- 1 tsp. vanilla
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup chopped walnuts
- 2 squares chocolate melted

Turn into shallow greased pan (8x8) and bake in moderate oven for 25 to 30 minutes.

BROWNIE ICING:

- 6 chopped marshmallows
- 1 square melted chocolate
- 3 tbsps. butter
- 2 tbsps. milk
- 1 tsp. vanilla

Heat the above mixture until the marshmallows and chocolate are melted and thoroughly blended. Beat in enough icing sugar while mixture is still hot and spread on brownies.

—Mrs. Barbara Spencer.

Peanut Butter Cookies

- 1 cup brown sugar
- 1 cup white sugar
- 1 cup shortening
- 1 cup peanut butter
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. soda
- 2½ cups flour
- pinch of salt

Form in balls; press with fork dipped in flour, flat, bake.

—Mrs. Paterson.

—Mrs. Collings.

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Butter Tabs

- ½ cup butter
- ¼ cup sugar
- 1 egg (separated)
- ½ tsp. vanilla
- ½ tsp. lemon juice
- grated rind of ½ lemon and of ½ orange
- 1 cup flour
- ½ cup finely crushed corn flakes

Cream butter and sugar; add yolk of egg and flavoring. Beat well. Add flour. Cover and place in refrigerator to chill. Shape into small balls; dip in slightly beaten egg white; then roll in crushed corn flakes. Place 1 inch apart and bake in moderate oven for half hour. A bit of cherry may be pressed on top of each one.

—Mrs. Yvonne Cameron.

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Cookies

- 1 egg
- 1 cup brown sugar
- 1 cup shortening
- 2 cups flour
- 1 small tsp. soda
- 1 tsp. vanilla

Take a teaspoon of batter, roll into a ball; place on cookie sheet and flatten with a fork dipped in milk.

—Florence Troop.

Butter Buds

- 2 cups butter or lard
 - 1 cup brown sugar
 - 4 cups flour
- Roll into balls the size of walnuts, press with fork. Bake in slow oven.

—Shirley Doherty.

★ ★ ★

Butterscotch Brownies

- ¾ cup butter
- ¾ cup brown sugar
- ¾ cup dark brown corn syrup
- 2 eggs
- 1½ cup flour sifted
- 1 tsp. baking powder
- 1 cup nuts
- 1 tsp. vanilla

Cream butter; add slowly sugar and syrup. Add eggs well beaten. Then add sifted dry ingredients; add the nuts, then flavoring. Bake 25 minutes in oven. Cut in squares when cool. Ice if desired.

—Mrs. J. E. Graham.

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Short Cookies

- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 cup butter
- 1 tsp. soda
- ½ tsp. cream tartar
- 2 cup flour
- vanilla
- a little salt

—Agnes Revell.

★ ★ ★

Brown Sugar Cookies

- 1 cup brown sugar
- ¾ cup butter
- 1 egg
- 1 tsp. ginger
- 1 small tsp. cream of tartar
- 1 small tsp. soda
- 2 cups flour

Roll into little balls and press down with a fork. Place some distance apart in pans and bake.

—Mrs. W. A. MacDonald.

Quick Drop Cookies

- 1 cup sugar
- 1 cup sweet cream
- 2½ cups flour
- 2 tsp. baking powder
- 1 cup dates
- pinch salt

Drop by teaspoons on cookie sheet.

—Mrs. Mae Sigstad.



Cream Cookies

- 2 eggs
- 1 cup sour cream
- 1 cup butter
- 2 cups sugar
- 2 level tsp. soda

And sufficient flour to roll out.

—Mrs. James Duguid.



Sour Cream Cookies

- 1 cup brown sugar
- ½ cup white sugar
- ½ cup shortening
- 2 eggs, beaten
- 1 cup thick sour cream
- 2½ cups flour
- ½ tsp. salt
- 1 tsp. soda
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1 cup raisins or dates
- 1 cup nuts

Mix and drop by teaspoonfuls on greased tin. Bake in moderate oven.

—Mrs. Gus Sigstad.



Sour Cream Cookies

- 1 cup white sugar
- 1 cup butter
- 1 cup sour cream
- 1 tsp. soda
- 2 eggs
- flour enough to mix and roll thin

Put together with date filling.

—Mrs. E. F. Gardiner.

Fig Bars

FILLING:

- 1 cup water
- 2 cups chopped figs
- ½ cup sugar

Wash and drain figs; add water and sugar and cook until thickened. Remove from heat and cool.

DOUGH:

- 1 cup shortening
- 1 cup brown sugar
- 2 eggs
- 1 tsp. cream of tartar
- 3 cups flour
- ¾ tsp. salt
- 1 tsp. vanilla
- ½ tsp. soda
- 1 tbsp. hot water

Cream shortening, gradually cream in sugar. Add beaten eggs and continue beating until light and fluffy. Sift flour, then measure 3 cups; sift again with salt and cream of tartar. Add about half of this to creamed mixture; then add vanilla and soda dissolved in hot water. Add remainder of flour (then chill the dough). Now roll out on lightly floured board to about ¼ inch thickness; cut in strips 3 inches wide. Place fig filling down centre of strips. Fold dough over the filling from each side. Cut in 1½ lengths. Place, closed sides down on a lightly floured cookie sheet and bake in moderate hot oven (400) for 12 to 15 minutes.

—Mrs. Charles Sunderland.



Dark Secrets

- 3 eggs
- 1 cup sugar
- 2 tbsp. melted butter
- 1 cup chopped dates
- 1 cup chopped nuts
- 5 tbsp. flour
- ¼ tsp. salt
- 1 tsp. baking powder

Bake at 325 degrees. Bake in flat pan, cut and roll in sugar.

—Mrs. A. E. Howson.

Sour Cream Drop Cookies

- 1 cup brown sugar
- $\frac{1}{2}$ cup shortening
- 1 egg
- $\frac{1}{2}$ cup sour cream
- 2 cups flour
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ tsp. salt
- 2 tsp. baking powder
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup raisins

Cream shortening, add sugar and blend well. Add egg well beaten. Mix and sift dry ingredients and add to mixture alternately with sour cream. Add floured nuts and raisins. Drop on greased baking sheet. Makes about 5 dozen.

—Mrs. Jack Nicol.

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Fruit Jumbles

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup shortening
- $1\frac{1}{2}$ cups white sugar
- 3 eggs
- 1 tsp. vanilla
- $2\frac{1}{2}$ cups sifted flour
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 1 lb. dates, chopped
- $\frac{1}{4}$ lb. walnuts, crushed

Cream shortening, add sugar, cream until light and fluffy; then add well beaten eggs. Add dates, walnuts and vanilla. Sift flour, baking soda and salt and add to first mixture. Drop stiff batter from teaspoon on greased baking sheet and bake at 350 degrees for 10 to 15 minutes.

—Mrs. Rosie Holderness.

Date Drop Cookies

- $\frac{3}{4}$ cup butter or shortening
- 1 cup sugar
- $2\frac{1}{2}$ cups flour
- 2 eggs
- 1 cup dates
- 1 cup walnuts or pecan nuts
- 1 tsp. vanilla
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. soda dissolved in 1 tbsp. water
- $\frac{1}{8}$ tsp. salt

Cream butter and sugar. Add vanilla and well beaten eggs. Add dissolved soda. Add sifted flour, baking powder and salt. Then add flour, dates and nuts. Drop by spoonfuls on greased pan. Bake in moderate oven 20 to 25 minutes.

—Mrs. John McIntosh.

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Christmas Cookies

- 3 eggs
- 2 cups sugar
- 1 tsp. soda
- 1 cup shortening
- 1 cup molasses
- 1 cup raisins and currants
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. cloves
- $\frac{1}{4}$ tsp. ginger
- $\frac{1}{4}$ tsp. allspice

Roll and slice as for ice box.

—Mrs. A. Small.

★ ★ ★

Jumbles

- 1 cup brown sugar (good)
- $\frac{1}{2}$ cup butter (good)
- 3 eggs
- 1 lb. dates or 1 cup mincemeat and 1 cup raisins
- 1 cup walnuts
- 1 tsp. soda
- 2 cups flour (less)

—Norma E. Graham.

Nut Cookies

- ½ cup butter
- 2 eggs
- 1 cup chopped nuts
- 1 cup brown sugar
- 1 cup chopped raisins
- 1½ cups flour
- 1 tsp. vanilla
- 1 tsp. soda dissolved in little hot water
- a little cloves, nutmeg, cinnamon
- 1 tsp. cocoa

Mix in order; drop by teaspoonfuls on cookie sheet; put piece of walnut on each cookie and bake.

—Mereta Sunderland.

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Honey Ginger Nut Cookies

- 1 cup butter or substitute
- 1 cup white sugar
- 1 cup honey
- 2 eggs
- 2 tps. soda
- 2 tbsp. hot water
- 1 cup walnuts, (optional)
- 4 cups sifted flour
- 1 tsp. ginger

Cream butter and sugar. Add honey and unbeaten eggs. Dissolve soda in hot water and add to mixture. Roll in small balls and bake in slow oven.

—Mrs. W. F. Bates.

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Drop Cookies

- 1 cup brown sugar
- 1 cup shortening and butter
- 1 egg
- ½ cup oatmeal
- 1 tsp. vanilla
- ½ cup corn flakes
- 1½ cups flour
- ½ tsp. soda
- 1 tsp. baking powder

Press flat with fork.

—Mrs. Hazel McFarlane.

Fruit Cookies

- ½ cup shortening
- 1 cup brown sugar
- 2 eggs, well beaten
- ¼ cup fruit juice, prune, etc.
- ¼ tsp. salt
- 1 cup raisins, chopped
- 1 cup uncooked prunes
- 1 tsp. vanilla
- 3 cups flour
- 1 tsp. soda
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 cup dates cut small
- grated rind of an orange

Cream shortening and sugar; add eggs; mix. Then add other ingredients. Drop from spoon on greased baking sheet.

—Mrs. Winnifred Kirkbride, Seattle.

★ ★ ★

Perfection Raisin Drop Cookies

- ½ cup water
- 1 cup raisins
- ½ tsp. baking powder
- 1 cup sugar
- ½ cup butter
- ½ tsp. vanilla
- 1 large egg, well beaten
- 2 cups flour
- ½ tsp. baking soda
- ¼ tsp. allspice (optional)
- ¼ tsp. salt
- ¾ tsp. cinnamon
- ¼ tsp. nutmeg
- (nuts optional)

Add water to raisins and boil briskly 5 minutes. Cool. Stir in soda. Cream shortening and sugar; add vanilla, egg and cooled raisins and liquid, flour baking powder, salt, cinnamon and nutmeg. Drop on greased pan; cook at 375 degrees.

—Mrs. M. L. Sanderson.

—Mrs. A. Small.

Dark Cookies

- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- 2 squares chocolate
- 1 egg
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ tsp. soda
- 1 tsp. baking powder
- 1 cup walnuts
- vanilla

Drop and bake.

ICING:

- 1 egg yolk
 - 3 tbsps. cream
 - $1\frac{1}{2}$ cups icing sugar
 - 1 square chocolate
- Ice while cookies are hot.

—Dorothy Armstrong, Wimmer.



Raisin and Nut Bars

- $\frac{3}{4}$ cup soft shortening (part butter)
- $1\frac{1}{2}$ cups sifted fine flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. allspice
- $\frac{1}{2}$ cup granulated sugar
- 2 eggs, well beaten
- $\frac{1}{4}$ cup light molasses
- $\frac{1}{2}$ cup chopped nut meats
- 1 cup seedless raisins
- 6 tbsps. milk

Measure shortening and butter into mixing bowl. Grease and flour 9-inch by 12-inch cake tin. Sift flour, baking powder, salt and spices together. Cream shortening and butter; add eggs, molasses, nuts and raisins. Blend well. Add dry ingredients and milk, combining thoroughly. Bake at 350 degrees 20 to 25 minutes. Cool. Dust with icing sugar and cut in bars. These bars may be frosted with a thin lemon or orange butter icing if desired.

—Mrs. Beth Holderness.

Date, Nut and Cherry Cookies

- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup sugar
- 3 eggs
- $1\frac{1}{2}$ cups sifted flour
- $\frac{1}{2}$ cup sifted flour
- $\frac{1}{2}$ cup walnuts or almonds
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup candied cherries
- $\frac{1}{2}$ tsp. lemon
- 1 tsp. baking powder

Cream butter and sugar well. Add yolks of eggs well beaten. Chop nuts, dates and cherries together. Add baking powder to flour which has been sifted together. Stir into butter and sugar mixture. Add vanilla and stiffly beaten whites of eggs last. Drop on greased cookie sheets in small quantities $1\frac{1}{2}$ inches apart. Moderate oven (350) for 20 minutes.

—Norma E. Graham.



Fudge Chews

- 2 squares (2-oz.) unsweetened chocolate, melted
- $\frac{1}{2}$ cup melted butter
- 2 eggs
- 1 cup sugar
- 1 tsp. vanilla
- $\frac{3}{4}$ cup sifted cake flour
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 cup seedless raisins

Melt the chocolate over hot water, stir in melted butter, blend well. Beat eggs, gradually beat in sugar. Combine the chocolate, butter and eggs, sugar mixture and vanilla. Sift flour with baking powder and salt. Add to first mixture and stir until well blended. Lastly add raisins. Spread in greased shallow pan. Bake in oven 350 degrees for 35 minutes. Slightly cool and cut in oblong squares.

—Mrs. Elmer Erickson, Nora.

Molasses Crinkles

- $\frac{3}{4}$ cup shortening
- 1 cup white sugar
- 1 egg
- 4 tbsp. molasses
- $2\frac{1}{4}$ cups sifted flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. soda
- 1 tsp. vanilla

(spices may used)

Cream sugar and shortening. Add egg, beat well; add $\frac{3}{4}$ of sifted dry ingredients; add molasses. Mix well; add rest of flour. Make into small balls. Press flat with fork. Bake in slow oven.

—Mrs. Gus Sigstad.

★ ★ ★

Swedish Ginger Snaps (Peppar Kakor)

Boil together four minutes:

- 1 cup butter
- 2 cups white sugar
- 1 cup molasses
- $1\frac{1}{2}$ cups sweet cream
- 1 tbsp. cinnamon
- 1 tsp. cloves
- 2 tsp. ginger
- 2 tsp. crushed cardamon seed

When cold add:

- 1 tsp. soda
- 4 eggs
- 4 cups flour

Mix well and let dough stand in cool place overnight. Add enough flour to make a firm dough. Roll fairly thin and if desired can be cut into shapes of stars, birds, rabbits, etc.

—Mrs. A. W. Olson.

★ ★ ★

Ginger Snaps

- 1 cup molasses
- $\frac{1}{2}$ cup shortening or butter
- 1 tsp. baking soda
- 1 tsp. ginger
- $2\frac{1}{2}$ cups flour

Roll in balls. Flatten with fork.

—Mrs. Ray Summach, Asquith.

Angel Whispers

- 1 cup pastry flour
- 1 cup corn starch
- $\frac{1}{2}$ cup butter
- 2 eggs
- $\frac{3}{4}$ cup fruit sugar
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 tsp. almond flavoring

Cream butter, gradually add sugar, beating well. Add well beaten eggs, then dry ingredients sifted together. Add flavoring. Drop in small teaspoons on buttered tin and bake until edge just golden. Chopped cherries, walnuts, or any fruit may be added. Flour and corn starch should be sifted before measuring.

—Mrs. Barbara Spencer.

★ ★ ★

Lemon Slices

- 22 to 24 graham wafers
- $\frac{1}{2}$ cup fine sugar
- $\frac{1}{2}$ cup soft butter

Roll wafers fine; mix with sugar and butter until coarse crumbs are formed. Reserve $\frac{1}{2}$ cup and pat remainder in well greased shallow pan. Bake 8 to 10 minutes in moderate oven.

FILLING:

- $\frac{3}{4}$ cup sugar
- 3 egg yolks
- $\frac{1}{4}$ cup flour
- 3 tbsp. water
- juice of 1 lemon

Beat egg yolks; add sugar and flour. Blend in water and lemon juice. Cook until thick and smooth over hot water. Cool and spread on cool cake. Beat egg whites until dry (well beaten) and add 5 tbsp. sugar. Spread on filling and then sprinkle with reserve crumbs. Bake until delicately brown,

—Mrs. H. F. King.

Ginger Snaps

- 1½ cups butter
- 2 cups brown sugar
- 2 eggs, beaten
- 1 cup molasses
- 4½ cups flour
- 4 tsp. baking powder, level
- 1 tsp. salt
- 1 tsp. cloves
- 1 tsp. ginger
- 2 tsp. cinnamon

Mix in order as above and bake. While still a bit warm fill cookies with following filling:

- 3 tbsp. butter
- 3 tbsp. sweet cream
- ½ tsp. vanilla
- icing sugar

—Mrs. Joe Hudolin.

★ ★ ★

Ginger Snaps

- 2 eggs
- 2 cups white sugar
- 1 cup shortening
- 1 cup molasses
- 1 tbsp. ginger
- 1 tbsp. cinnamon
- 2 tsp. soda dissolved in 1 tbsp. boiling water
- 4 cups flour

Let stand ½ hour or overnight; then roll into balls size of marbles and bake.

—Mrs. Carl Schultz.

★ ★ ★

Thimble Cookies

- ½ cup butter
- ¾ cup brown sugar
- 1 egg yolk slightly beaten
- 1 cup flour

Roll dough into small balls. Dip into slightly beaten egg white. Roll in chopped walnuts. Put in pan and press a hole in centre. Cook 5 minutes. Then take out and press again. Return to oven until done. Put jam or cherries in centre when cooked.

—Mrs. Norman Brown, Saskatoon.

—Mrs. Ed. Walker.

Chocolate Drop Cookies

- ½ cup butter
- 1 cup brown sugar
- 1 egg
- 2 heaping tbsp. cocoa

Pour boiling water on cocoa until paste forms. Two squares melted chocolate.

- ½ cup chopped walnuts
- ½ cup sour milk
- 1 tsp. baking soda
- 1½ cups flour
- 1 tsp. vanilla

Cream butter and sugar; add well beaten egg, melted chocolate and nuts. Add sour milk in which soda is dissolved; last sift flour; then vanilla. Bake in hot oven. Lovely with a wee bit of icing on top.

—Mrs. Lulu Bradburn.

★ ★ ★

Lemon Squares

- 1 cup brown sugar
- ¼ lb. butter
- 1 cup flour
- ½ tsp. soda
- 1 tsp. vanilla
- 1 cup cocoanut
- 10 soda crackers rolled,

Mix thoroughly like pie crust. Put half in bottom of cake pan 8x12. Pat firm and cover with the following which is to be cooked:

- 1 cup white sugar
- 1 cup cold water
- 1 egg
- salt
- juice of 1 lemon
- 2 tbsp. corn starch dissolved in cold water
- ½ cup butter

Sprinkle remainder of first mixture over top and bake in moderate oven about 30 minutes.

—Mrs. L. Taylor.

Gumdrop Travellers

- ½ cup butter or shortening
- ½ cup each brown and white sugar
- 1 tsp. vanilla
- 1 egg
- 1 cup sifted flour
- 1 cup rolled oats
- ½ cup chopped nut meats
- ½ cup gum drops cut fine
- ½ tsp. baking powder
- ¼ tsp. salt

1/2 tsp. soda
Mix, form into balls and press flat.

—Mrs. Gus Sigstad.

★ ★ ★

Pineapple Drop Cakes

- 2 cups sugar
- 1½ cups butter
- 8 egg yolks or 4 eggs
- 1 tsp. soda dissolved
- ½ cup hot water
- 1 lb. dates, chopped
- 2 cups almonds, blanched
- 6 slices candied pineapple, chopped or ¾ can crushed pineapple
- a few cherries
- 3½ cups flour

—Mrs. E. F. Gardiner.

★ ★ ★

Raisin Cup Cakes

- 1½ cups raisins
- ¼ cup butter
- 1 egg
- ½ tsp. cloves
- ½ to ¾ cup raisin water
- ¾ cup sugar
- 1½ cup flour
- 1 tsp. cinnamon
- 1 tsp. soda

Cover raisins with water. Let simmer 20 minutes. Strain and let liquid cool. Cream butter and sugar; add slightly beaten egg. Add sifted dry ingredients alternately with raisin water. Bake 30 minutes at 375 degrees.

—G. S. Reagan.

Crumb Squares

- ½ cup shortening
 - 1½ cups flour
 - ½ cup brown sugar
 - 1 tsp. baking powder
 - ¼ tsp. salt
 - 2 egg yolks
- Press in pan.

TOPPING:

- 2 egg whites
- 1 cup brown sugar
- 1 tsp. maple flavoring
- 1 cup walnuts

Cream shortening and sugar. Add egg yolks and salt. Add flour, baking powder and mix until crumbly. Mix as you do pie crust. Beat egg whites until stiff. Add sugar and flavoring. Spread on top mixture. Bake in pyrex pan 7x11.

—Dorothy (Revell) Robertson.

★ ★ ★

Date Almond Squares

- ½ cup butter
- 1 tsp. baking powder
- 1½ cups flour
- 2 egg yolks
- ½ cup white sugar
- 1 tsp. vanilla

Spread in pan. Beat 2 egg whites stiff; add 1 cup brown sugar. Spread 1 cup dates cooked in ½ cup cold water, on No. 1 mixture. Cover with sugar and egg white mixture and sprinkle with blanched almonds. Bake 30 to 35 minutes.

—Miss Eula Sunderland.

★ ★ ★

Almond Cookies

- 1 cup butter
- 2 cups sugar
- 1 egg
- ½ chopped almonds
- 2 cups flour
- ½ tsp. soda
- 1 tsp. cream of tartar

Spread in pan. Bake 10 to 15 minutes, golden brown. Cool. Cut in squares.

—Mrs. A. Maes.

Honey Squares

BOTTOM:

Rub together:

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup sugar

1 tsp. baking powder

2 egg yolks

Place the above mixture in the bottom of a cake pan and bake in moderate oven for 15 minutes. Cover with $1\frac{1}{2}$ cups cooked dates. Half cup walnuts (optional).

Top with the Following Mixture:

2 egg whites beaten

$1\frac{1}{2}$ cups brown sugar

1 tsp. vanilla

Beat stiff. Bake until golden brown. May substitute 1 cup of shredded cocoanut and 1 cup rolled oats for dates and walnuts.

—Mrs. G. H. Whidden.

Layer Cookies

$\frac{1}{2}$ cup butter

$\frac{3}{4}$ cup sugar

Cream together. Add:

1 egg yolk, beaten

$1\frac{1}{2}$ cups flour

1 tsp. baking powder sifted together

1 tsp. vanilla

Spread evenly in shallow pan 8 by 12. Beat the egg white, add 1 cup brown sugar gradually. Add $\frac{1}{2}$ cup chopped walnuts. Spread evenly over the cookie dough and bake in moderate oven 30 minutes, until brown on top. Cut in squares before quite cool. If nuts are not available, use $\frac{1}{2}$ cup cocoanut or rice krispies.

—Mrs. G. H. Herbert.

—Mrs. Wm. Snowden.

—Mrs. H. Brown.

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Maple Cookies

- 1 cup maple sugar crushed fine
- $\frac{1}{2}$ cup creamed shortening
- 2 eggs beaten in one at a time

Sift together twice:

- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ tsp. salt
- 1 tsp. soda
- 2 tsp. cream of tartar

Mix with first mixture. Mix enough extra flour to make a stiff dough. Shape into a roll and wrap in wax paper. Slice and bake when desired in moderate oven 15 minutes.

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Pineapple Squares

- 1 tbs. butter
- 1 cup white sugar
- 2 eggs
- 1 cup flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt

Cream butter and sugar. Add beaten eggs followed by flour, baking powder and salt, sifted together. Press in pan and cover with a can of fresh pineapple from which the syrup has been drained. Mix:

- 1 tbs. melted butter
- 1 cup white sugar
- 2 beaten eggs
- 2 cups cocoanut

Spread over pineapple and bake in moderate oven (350) for 30 to 35 minutes.

—Mrs. M. Chyz.

Raspberry Slice

- 1 cup flour
- 1 tsp. baking powder
- $\frac{1}{2}$ cup butter
- 1 egg

Mix the above and put in the bottom of a greased pan and cover with a layer of raspberry jam.

TOPPING:

- $\frac{3}{4}$ cup white sugar
- 1 tbs. butter
- 1 egg
- 2 cups cocoanut

Put this on top of the above mixture and bake $\frac{1}{2}$ hour in rather slow oven.

—Mrs. Don Campbell.
—Mrs. Lulu Bradburn.
—Mrs. Walter Reynolds.

★ ★ ★

Strawberry Shortcake

Beat until light:

- 2 eggs
- 1 cup sugar
- pinch salt

And add:

- 1 large cup flour
- $\frac{1}{2}$ tsp. baking powder

Sift together two or three times. Add slowly $\frac{1}{2}$ cup hot milk in which butter size of an egg has been added. 1 tsp. vanilla. Bake in a moderate oven. When baked split open. Spread with crushed strawberries and a spoonful of whipped cream. Put together and top with crushed strawberries and cream.

—Mrs. Wm. Snowdon.

A. J. HILL

Agent

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Phone 61

Quill Lake, Sask.

Fancy Shortbread

2 cups flour
1 cup butter
 $\frac{1}{2}$ cup fine granulated sugar or fruit sugar

Cream until very soft 1 cup butter and gradually blend $\frac{1}{2}$ cup sugar, beating until light after each addition. Measure 2 cups sifted flour and sift and blend it gradually into butter mixture. Turn on baking board and knead in flour until cracks appear on surface of the dough, using no more flour than to bring the dough to the required consistency. Pat into round layer pan or pie plate. Crimp border or mark with fork.

—Beryl Emary.

★ ★ ★

Shortbread

1 lb. butter
1 heaping cup icing sugar
2 cups corn starch
2 cups flour

Cream butter until real creamy. Add sugar gradually. Mix flour and corn starch together and add tow tbsp. at a time and beat until used up. Knead for a minute or so in dish. Take piece about size of walnut. Roll in round ball. Place on cookie tin and press to shape. Cook in moderate oven until golden brown. Extra rich.

—Mrs. J. Leary.

—Mrs. Mary McMillan.

★ ★ ★

Add $\frac{1}{2}$ tsp. salt to above.

—Mrs. Tennent.

★ ★ ★

Add $\frac{1}{2}$ cup flour to above.

—Laura Pierce.

★ ★ ★

Add salt and 1 tsp. vanilla to above.

—Mrs. W. H. Sketchley.

Cocoanut Shortbread

1 cup flour
 $\frac{1}{2}$ cup butter
Mix together. Beat:
2 eggs
 $1\frac{1}{4}$ cups brown sugar
2 tbsp. flour
 $\frac{1}{2}$ tsp. baking powder
1 cup walnuts
 $\frac{1}{2}$ cup cocoanut

Pour this on the top of shortbread mixture. Bake $\frac{1}{2}$ hour. When cool top with butter icing.

Mrs. Irene Hawksley.

★ ★ ★

Almond Shortbread

$\frac{3}{4}$ cup butter
1 egg yolk
few drops almond extract
 $1\frac{1}{2}$ cups sifted all purpose flour
 $\frac{1}{8}$ cup sugar
 $\frac{1}{4}$ cup chopped blanched almonds

Cream butter and sugar together. Add egg yolk and beat well. Stir in the remaining ingredients. Press dough into fluted molds to about $\frac{1}{4}$ inch thickness and bake in slow oven for about 15 minutes. (Yield 2 dozen). Or press dough into layer cake pin and cut into squares after taking it from the oven. These cookies are sometimes served with jam or whipped cream in the hollow.

—Mrs. Ed. Hoffas.

★ ★ ★

Shortbread

1 cup butter
 $\frac{1}{2}$ cup brown sugar
1 egg yolk
2 cups bread flour

Cream butter and sugar. Stir in egg yolks. Add flour until dough begins to crack. Knead and chill. Roll not too thin. Cut in any shape and press with fork. Bake slowly.

—Mrs. R. Meiklejohn.

Candy

Chocolate Fudge

- 1 cup white sugar
- 1 cup brown sugar
- $\frac{1}{2}$ cup syrup
- 1 cup cream
- 2 tbsps. cocoa

Boil together until soft ball stage. cool slightly. Add 1 tsp. vanilla, 1 tbsps. butter. Beat until smooth and creamy. Pour into greased pan. Cut in squares. Cool.

—Mrs. Thelma Siemens.

★ ★ ★

Marshmallows

- 2 envelopes gelatin

Dissolve in 5 tbsps. cold water. When dissolved fill cup level full with boiling water. Stir well until dissolved. Pour into $1\frac{1}{2}$ cups white sugar and beat vigorously with egg beater. Just before finished add flavoring and pinch of salt. Put in pyrex dish (dipped in cold water). Slice with knife dipped in cold water.

—Mrs. Fred Kopp.

★ ★ ★

Marshmallow Candy

- 2 cups white sugar
- $\frac{1}{4}$ cup water

Boil until it spins a thread.

- 2 packages minute gelatin
- $\frac{1}{2}$ cup cold water
- pinch of salt

Dissolve gelatin in $\frac{1}{2}$ cup cold water. Pour hot syrup over gelatin and beat constantly until stiff and elastic. Vanilla. Pour in pan buttered and sprinkled with icing sugar. Cut when set and roll in toasted cocoanut.

—Mrs. Warlow.

Christmas Candy Supreme

- 1 envelope Knox gelatin
- $\frac{1}{4}$ cup cold water
- 2 squares chocolate
- 3 cups sugar
- 1 cup sour cream
- $\frac{1}{2}$ cup sultana raisins
- $\frac{1}{2}$ cup candied cherries
- $\frac{1}{4}$ cup chopped English walnuts
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. salt

Melt chocolate over boiling water; add sugar, salt and sour cream alternately while stirring constantly. Bring to boiling point and let boil until mixture forms soft ball in cold water. Remove from fire. Put water in bowl and pour in gelatin. Add to hot mixture and beat until dissolved. Add cinnamon, raisins, cherries, nuts cut up. Boil until creamy and turn out on pan about $1\frac{1}{4}$ inches deep. Cool.

—P. Willis.

★ ★ ★

Laura Secord Chocolates

- 1 can Eagle Brand milk
- 3 lbs. icing sugar
- $\frac{1}{2}$ lb. butter or part Crisco
- 2 tbsps. corn syrup

Mix paste (knead). Separate, color and flavor as desired. Double boiler. Dip 6 squares semi sweet chocolate, $\frac{1}{2}$ cake parowax, 1 Jersey Milk bar. Use a tooth pick to dip them with. You may have to add a little more icing sugar to your centre if it is too soft. Chill centres well before dipping and they will not run. Maraschino cherries in some make a good variation.

—Mrs. Earl P. Walker.

Buttermilk Candy

- 2 cups white sugar
- 1 cup fresh buttermilk
- 2 tb-sp. butter
- nuts
- vanilla

Boil sugar and buttermilk until it forms a soft ball; add ~~sugar~~ and nuts. Place dish in a pan of cold water and beat mixture until pan is cold. Pour into pan.

—Minnie Smith.

★ ★ ★

Chocolates

FILLING:

- 3 lbs. icing sugar sifted
- $\frac{1}{2}$ lb. butter
- 3 well beaten eggs
- pinch of salt

Mix ingredients and knead to a soft dough. Never start with just 3 lbs. icing sugar as it always takes a little more when your flavorings are added. Divide the dough into as many flavorings as you want, i.e. peppermint, cherry centres, chocolate, cocoanut, etc. Shape centres into desired shape and let stand in a cool place for an hour or so (not in refrigerator) before dipping.

COVERING:

- 1 8-oz. bar Baker's unsweetened chocolate
- 1 4-oz. bar semi-sweet chocolate
- $\frac{1}{2}$ cake parowax

Melt chocolate in double boiler. Melt wax and mix with chocolate. Keep in pan of hot water while you are dipping. Place centre on bent tines of a fork and dip quickly into warm chocolate and slide off on wax paper. The temperature of the chocolate determines the thickness of the coating.

—Mrs. E. L. Sunderland.

Home Made Chocolates

To make the basic filling beat well three egg whites and three tsp. melted butter and flavoring. To this add icing sugar until the mixture is quite stiff, and then knead with the hands until it will keep its shape when cut. Shape and place on wax paper. In a cup over hot water melt $\frac{1}{2}$ cake parowax. Add five tb-sp. cocoa or several squares of chocolate and stir well. Remove from stove but let the bowl stand in hot water. With a toothpick dip the shaped creams into the chocolate. Place back on waxed paper until dry.

—Mabel E. Odelien.

★ ★ ★

Maraschino Chocolates

- 1 bottle maraschino cherries
- white 1 egg
- $\frac{3}{4}$ tsp. water
- $\frac{3}{4}$ tsp. almond extract
- 1 square unsweetened chocolate
- 1 square sweetened chocolate
- parafin wax size of a square of chocolate

Beat egg white stiff; add water and flavoring. Gradually add sugar. Take a cherry (or $\frac{1}{2}$), cover with above fondant. Place on wax chocolate squares and wax in a tall, narrow tin over boiling water and melt. Spear each ball with a steel knitting needle and dip. Put aside to set.

—Mrs. Bus McHarg.

★ ★ ★

Peanut Brittle

Spread about 15 cents worth of peanuts in a flat, greased pan (7x10). Melt 1 big cup white sugar without burning it. When well melted, add 1 tsp. butter, 1 tsp. vanilla and stir in well. Just before pouring it over the warm peanuts, add a good pinch of soda and stir in quickly.

—Mrs. Herb Krienke.

Candy

- 1 lb. light brown sugar
- $\frac{1}{2}$ cup milk
- 1 tbsp. butter
- 1 tsp. vanilla
- $\frac{2}{3}$ cup chopped nuts
- pinch salt

Boil sugar, milk and butter in saucepan for 15 minutes or until it forms soft ball in cold water. Remove from fire and beat until it begins to thicken. Stir in vanilla, nuts and salt. Pour into well buttered pan to cool. Cut in squares.

—Mary Fox.

★ ★ ★

Pull Taffy

- 2 cups corn syrup
- 4 cups light brown sugar
- 1 cup water

Stir occasionally until sugar melts. Boil hard and when it becomes brittle when dropped in cold water, it is done. Pour out quickly onto buttered dishes. Before it is quite sufficiently boiled, add butter size of walnut, 1 tbsp. vinegar, 1 tsp. vanilla or more to suit taste. When cool enough to handle butter hands and pull.

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Turkish Delight

- $\frac{1}{2}$ cup boiling water
- 4 level tbsp. Knox gelatin
- 4 cups white sugar
- 1 cup cold water

Soak gelatin in cold water five minutes. Add boiling water. When dissolved add sugar and boil slowly for 15 minutes. When cooled add 2 tsp. extract of cinnamon or extract of cloves. Pour into a shallow pan that has been dipped in cold water. Let stand overnight. Turn out, cut in squares, roll in powdered sugar. Any coloring or nuts may be added as desired.

—Mrs. Herb Krienke.

Puffed Wheat Candy

- 1 cup honey
- 1 cup butter
- 1 cup sugar
- 2 tbsp. cocoa
- 1 tsp. vanilla
- 14 cups puffed wheat

Boil syrup until it thickens. Pour over puffed wheat and cool. Set puffed wheat in oven to get crisp before pouring on the syrup.

—Mrs. Paul Braun.

★ ★ ★

Walnut Fudge

- 2 cups brown sugar
- 1 cup white sugar
- 1 cup milk
- $\frac{1}{4}$ tsp. cream of tartar
- 2 tbsp. syrup
- 1 tsp. butter

Boil slowly for one hour or until it hardens in water. Then add 1 tsp. vanilla; beat until stiff and pour out on buttered tins that have been sprinkled with chopped walnuts.

—Mrs. Harry Reynolds.

★ ★ ★

Patience Candy

- 3 cups granulated sugar
- 2 cups milk
- 1 tbsp. butter
- $\frac{1}{2}$ cup walnuts

Melt 1 cup of sugar in an iron saucepan, stirring constantly, until the consistency of molasses. Add 1 cup of milk and boil until caramel is dissolved. Then add remaining milk, sugar and butter. Boil until it threads heavy when dropped from a spoon. Then take from fire and put a little in a saucer and stir to see if it is hard enough. If not, boil a little longer. Remove from fire when tested, add nuts, stir until mixture begins to harden. Then pour on buttered platter and when cold cut in cakes.

—Jean Duguid.

White Fondant

4 cups granulated sugar
2 cups hot water
1 level tsp. cream of tartar

Stir over a moderate fire until sugar is dissolved. When it begins to boil, steam and wash sides of vessel to remove all sugar. Then place over a quick fire and allow it to boil without stirring until it will form a soft ball when tested in cold water. Remove from fire and set aside until cool but not entirely cold. Then stir vigorously with spoon or wooden paddle until it creams and becomes quite stiff. When too thick to stir, knead it thoroughly until light and creamy. Do not be afraid of kneading too much. Place in an earthen vessel or crock, cover with a damp cloth and in 24 hours it will be ready for use. If cloth is kept damp it will keep a number of weeks and perhaps several months.

—Mrs. Ross Hills, Delisle.

Opera Cream Candy

2 cups brown sugar
 $\frac{3}{4}$ cup sour cream
Boil until it will form a soft ball in cold water. Remove from fire, add vanilla and chopped nuts. Beat until it starts to harden.

—Mrs. Nels Olson.

★ ★ ★

Maple Fondant

4 cups brown sugar
2 cups maple syrup
2 cups hot water
1 level tsp. cream of tartar

Cook and treat same as white fondant. When taken from crock should the top of fondant be hard or dry, it may be kneaded until it is of smooth consistency. To color fondant: Work or knead in a little at a time, any color desired until the desired shade. To flavor: Work in desired flavor in same way to suit taste.

—Mrs. Ross Hills, Delisle.

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Butterscotch

- 2 cups of granulated sugar
- $\frac{1}{4}$ cup of vinegar
- 1 tbsp. butter

Boil sugar and vinegar together until almost done; then add butter. Do not stir. Cook until crisp when cooled in water. Then pour into buttered pan to cool.

—Mrs. Ross Hills, Delisle.



Creamy Fudge

- 2 cups sugar
- 2 heaping tsp. corn starch
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ tsp. salt
- 2 tbsp. cocoa
- butter

Stir all ingredients together; dissolve slowly. Boil hard for 2 minutes, counting from time it bubbles all over, beating steadily. Then beat until cold; add walnuts and vanilla. Pour into buttered pan. Cut when cool.

—Mrs. Frank Tait.



Layer Candy

- 1 cup hot water
- 1 cup white sugar
- 1 cup Lily White syrup

Boil until it forms a ball in cold water. Put half of this mixture into another bowl and beat well. To the other half add 2 tbsp. cocoa or chocolate and boil until it forms a ball in cold water. Pour white mixture in buttered pan and cover with nuts. Then pour chocolate mixture over top. Cut in squares while warm.

—Mrs. C. Hills, Delisle.

Chocolate Candy

- 4 tbsp. cocoa
- 1 cup white sugar
- 1 cup brown sugar
- $\frac{1}{8}$ tsp. salt
- 1 cup cream
- 1 tbsp. syrup
- 1 tbsp. butter
- $\frac{1}{2}$ tsp. vanilla

Mix together (dry) cocoa, sugar, salt; add cream, corn syrup and butter. Bring to boiling point while stirring and boil gently until it forms a soft ball in water. Remove from fire; add vanilla and place pan in cold water for 4 minutes. Remove and beat until mixture thickens and loses glossy appearance. Add nuts. Do not mix while standing in water.

—Evelyn Bodnard, Englefeld.



Peppermint Creams

- 1 lb. sugar
- pinch of cream of tartar
- 1 teacupful of water
- 1 tsp. essence of peppermint

Mix sugar, water and cream of tartar and allow to boil from 8 to 12 minutes or until a few drops from a soft ball in cold water. Beat until white and creamy. Add peppermint and knead on a board until smooth. Roll out and cut in squares or rounds. While kneading use icing sugar to prevent sticking.

—Mrs. W. S. Leask.

Desserts

Ice Cream

(To be made when one has no freezer)

- 1½ cups whole milk
- 2 eggs
- ½ cup sugar
- 1 tbsp. flour
- ⅛ tsp. salt
- 2 cups sweet cream
- 2 tsp. vanilla

Scald milk in double boiler. Beat egg yolks. Add sugar and flour which have been mixed. Combine slowly with hot milk and cook over water until it coats a spoon (like custard). Cool. Beat egg whites until stiff. Add salt and fold into custard. Add vanilla. Pour into shallow pan and freeze to mush; then fold in whipped cream. Stir once in while while freezing.

—Mrs. Fritz Munz.

★ ★ ★

Tapioca Cream

- 1 cup hot milk
- 1½ tbsp. granulated tapioca
- ⅛ tsp. salt
- 1 egg
- 1½ tbsp. sugar
- flavoring

Cook the hot milk, tapioca and salt 15 minutes in a double boiler, stirring frequently. Separate the egg. Blend the well beaten yolk with the sugar until creamy and pour into the cooked tapioca. Cook until it begins to thicken like custard. Remove from heat and whip in the beaten egg white. Add vanilla, orange or any flavoring desired. This may be poured cold over any fruit or berries, either fresh or canned. Raisins, prunes, figs, dates or nuts may be stirred into it while cooking. Two servings.

Drinky Rice

- 1 cup cooked rice
- 1 cup crushed pineapple
- ½ cup sugar
- ½ cup whipped cream

Mix rice, pineapple and sugar. Fold in whipped cream; serve in sherbet glasses.

—Mrs. A. E. Howson.

★ ★ ★

Boiled Rice

- ½ cup rice
- 2 cups milk and water
- 3 tbsp. sugar
- ½ tsp. salt

Pick over and wash rice. Add to the boiling milk to which the salt and sugar have been added. Boil uncovered for 5 minutes. Place over boiling water. Cover and cook without disturbing until rice is soft. All liquid should be absorbed and the kernels quite separate.

—Mrs. G. Cameron.

★ ★ ★

Ice Cream

- 6 cups of whole milk
- 6 eggs
- 1 quart cream
- 6 level tbsp. cornstarch
- 2 cups sugar
- 2 tbsp. vanilla or 1 tbsp. vanilla and ¼ tsp. lemon

Heat 5½ cups milk. Add 1 cup sugar; add cornstarch mixed with ½ cup of the milk. Cook in double boiler 20 minutes. Add egg yolks well beaten. Cook 3 minutes. Strain into freezer. Add other cup sugar. Add flavoring and cream. When cool add egg whites beaten stiff. This is grand. Makes one gallon freezer.

—Effie Palmer.

Ice Cream

(FOR ONE GALLON)

- 3 pints milk (scald this)
- 3 small cups sugar (tea cups)
- 3 tsp. flour
- some salt

Mix in sugar; add to hot milk and cook a few minutes. Beat 6 eggs well and pour the hot mixture over the eggs. Beat well but do not boil. Strain and cool. Add 3 pints of cream. Cream a couple of days old is best. Add vanilla and freeze.

—Mrs. A. E. Gilbertson.

★ ★ ★

**Chocolate Syrup
For Ice Cream**

- 2 cups sugar
- 4 tbsp. cocoa
- 1 cup water
- pinch salt

Boil all together until 224 degrees (before soft ball). When cool place in jar with top and keep handy.

—Norma E. Graham.

Baked Apples

Wipe, core and score sour apples, place them in a baking dish and fill each centre with sugar and 1 tsp. lemon juice or sugar and cinnamon. (1 tsp. cinnamon to 1 cup sugar). Allow $\frac{1}{2}$ cup water for 6 apples and pour it around them. Bake until apples are soft from 25 to 40 minutes, basting every 10 minutes. Place in a dish and pour syrup over them. When cold they may be served with plain or whipped cream.

★ ★ ★

**Chocolate Sauce
For Ice Cream**

- 2 cups sugar
- about $\frac{1}{2}$ cup cocoa
- 1 cup cold water
- vanilla

Put on fire. Boil only 3 minutes.

—Mrs. A. E. Gilbertson.

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Frostings and Fillings

Cheap Chocolate Icing

- 1 cup sugar
- 2 heaping tbsp. cocoa
- 4 tbsp. flour
- 2 tbsp. butter
- 1 tsp. vanilla

Put part of milk in pan and blend cocoa thoroughly. Mix flour and sugar with remaining milk, blending until smooth. Add to chocolate mixture and cook until cooked and thickened. Add butter and vanilla. Stir. Let cool slightly. Covers 2 9-inch pans thickly.

—Mrs. M. G. Sigstad.

★ ★ ★

Decorative Frosting

- 1 lb (3½ cups) icing sugar
- ½ tsp. cream of tartar
- 3 egg whites
- 1 tsp. vanilla

Beat with a rotary beater until frosting holds shape. To decorate cakes—press—pastry tube, using fancy tubes.

—Mrs. W. L. MacKenzie.

★ ★ ★

Whipped Cream Chocolate Frosting

- 1½ cups heavy cream
- ¼ cup sugar
- 2 tbsp. cocoa
- ½ tsp. vanilla

Mix all ingredients in a bowl. Chill 2 hours or more; then beat until mixture is so thick it holds its shape and will stand in peaks. This will cover a devil's food cake. Sprinkle top of cake with shaved bitter chocolate.

—Mrs. Stan Gryba.

Chocolate Icing

- 1½ cups sugar
- ½ cup milk
- 1 tsp. butter
- 2 squares bitter chocolate
- 1 tsp. vanilla

Boil sugar, butter, milk in chocolate until soft ball is formed in cold water. Beat; when a little cool, add vanilla. Continue to beat until consistency to spread.

★ ★ ★

Boiled Icing

Half cup corn syrup boiled until it threads. Allow to cool for a few minutes. Add pinch of cream of tartar or baking powder. Beat 2 egg whites until stiff and add syrup slowly, beating until cool.

—Mrs. A. Stoppa.

★ ★ ★

Carmel Icing

Bring to a boil:

- 1 cup brown sugar
- 1 tbsp. butter
- 3 tbsp. milk

Remove from stove and add icing sugar to desired consistency.

—Mrs. E. L. Sunderland.

★ ★ ★

Inch High Icing

- 1 egg white
- ½ tsp. vanilla
- pinch of salt
- ¾ cup corn syrup
- ¼ tsp. almond extract

Put all together in bowl and beat until it stands in peaks. Can add raisins.

—Norma E. Graham.

Soft Carmel Icing

1 cup brown sugar
 $\frac{3}{4}$ cup sour cream
 $\frac{1}{8}$ tsp. soda
 1 tbsp. butter
 $\frac{1}{2}$ tsp. vanilla

Boil sugar, cream and soda until the mixture forms a soft ball when dropped in cold water. Remove mixture from fire; add butter and vanilla and beat until thick. This is a never fail frosting.

—Mrs. K. Reichert.

★ ★ ★

Almond Paste

In the top of a double boiler put $\frac{3}{4}$ pound butter. Add your almond paste (prepared) and let stand on back of stove until both are thoroughly dissolved. Remove and add icing sugar to the desired consistency. Tint for added color. This will keep on a Christmas cake indefinitely and is excellent.

—Helen MacMillan, Asquith.

★ ★ ★

Brown Sugar Frosting

2 cups light brown sugar
 $1\frac{1}{4}$ cups cream or $\frac{3}{4}$ cups evaporated milk and $\frac{1}{4}$ cup water
 1 tbsp. butter
 $\frac{1}{4}$ tsp. vanilla
 $\frac{1}{4}$ tsp. salt

Combine sugar, cream, butter and salt. Bring to boiling point and stir constantly until sugar is dissolved. Boil without stirring until mixture reaches the soft ball stage. Cool to lukewarm. Add vanilla. Beat vigorously until creamy and stiff enough to spread.

—Jean Duguid.

Icing

2 tbsp. cream
 5 tbsp. brown sugar
 $\frac{1}{2}$ cup cocoanut
 3 tbsp. butter

Mix together in double boiler. Cook 2 minutes. Put on top of cake as it comes from the oven. Return to oven to brown. (If icing is ready before cake is baked; let stand in warm water at back of stove).

—Mrs. C. Sepes, Yorkton.

★ ★ ★

Toasted Almond Icing

Cook 1 cup of chopped blanched almonds slowly in 4 tbsp. butter until well toasted, stirring constantly. Remove from fire and add 6 tbsp. top milk. Then add 3 cups sifted icing sugar, beating until smooth. Stir in dash of salt and 2 tsp. vanilla. Cool until thick enough to spread. One half of this recipe makes a nice filling.

—Mrs. J. E. Graham.

★ ★ ★

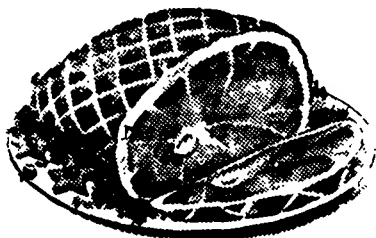
Boiled Icing

1 cup granulated sugar
 3 tbsp. cold water
 1 egg white
 1 tsp. flavoring to taste

Put sugar and water in pan. Stir and put on stove. When dissolved, let boil until it hairs, but do not stir. Beat the white of egg to a stiff froth and add boiled sugar, beating all the while. When it begins to stiffen, add flavoring and beat. When quite thick and before it is cold, it is ready to use. Half a tsp. cream of tartar may be added. Sometimes, also, milk is used instead of water.

—Mrs. Strome, New Westminster.

Luncheon Dishes



Beefsteak Casserole

1 lb. tender beefsteak
1 sliced onion
2 sliced potatoes
1 sliced carrot
dash of pepper
 $\frac{1}{2}$ tsp. salt
Place in layers and sprinkle with flour. Place the following on top.
 $1\frac{1}{2}$ cups flour
2 tbsp. shortening
2 tsp. baking powder
pinch of salt
Moisten with milk. Roll and place on top of filling. Bake 1 to $1\frac{1}{2}$ hours.

—Mrs. Inez Graham.



Spanish Noodles

2 cups noodles
2 lbs. hamburger
4 medium onions chopped
2 tins green peas
1 tin tomato soup
 $1\frac{1}{2}$ cups bread crumbs
1 tsp. salt, pepper to taste
Cook noodles in 1 quart salted boiling water. Drain and rinse in cold water. Brown meat and onions. Add rest of ingredients, except bread crumbs and mix well. Pour into greased casserole. Cover with bread crumbs. Dot with butter and bake 20 minutes in medium oven. (Easy to make half recipe).

—Mrs. R. B. Halpenny, Steveson.

Salmon Roll

Sift together 2 cups flour, 4 tsp. baking powder and $\frac{1}{2}$ tsp. salt. Add 1 tbsp. shortening and mix in well with a fork. Beat 1 egg in measuring cup, add enough milk to make $\frac{3}{4}$ cup; add to first mixture. Roll out on floured board in sheet 8 inches long and about $\frac{1}{4}$ inch thick.

Mix the following: 1 tin salmon or ($1\frac{1}{2}$ cups fish), 4 tbsp. milk, 2 tbsp. lemon juice, 2 tsp. scraped onion, $1\frac{1}{2}$ tbsp. chopped parsley and $\frac{1}{2}$ tsp. salt. Spread evenly on dough and roll like a jelly roll; bake in a hot oven (425) about 30 minutes. Serve in slices, with hot egg sauce or a white sauce. Serves 8.

Egg Sauce

To 2 cups medium white sauce, add 2 hard cooked eggs (chopped) and, if desired, 2 tsp. chopped parsley.

—Mrs. R. Rodgers.



Pork and Beans With Toast and Eggs

Heat contents of a tin of pork and beans. Serve by placing a slice of toast on beans with a poached egg on toast and a dash of tomato catsup.

—Mrs. R. Rodgers.

Spanish Rice

- 1 cup chopped onion
- 1 cup raw rice
- 1 tsp. salt
- 1 tbsp. sugar
- 1 quart tomatoes

Cook until rice is tender. Add a little cream to make it even better.

—Mrs. Gus Sigstad.



Egg Snow Caps

Fill frying pan half full with milk and bring to boil, break 6 fresh eggs into pan and cook as for poached eggs; when done lift carefully on freshly made toast. Thicken milk with butter, flour, salt and pepper and pour over poached eggs. Serve with green salad on the side. A little cheese, parsley, cream of mushroom soup, all add flavor to your cream sauce.

—Lillian Dohlen.



Supper Dish

- 1 can condensed mushroom soup
- 1 cup dried bread crumbs
- $\frac{1}{4}$ cup water
- 2 hard boiled eggs chopped fine salt and pepper

Mix the cold water with the soup. Butter a baking dish and put a layer of bread crumbs, then a layer of soup and layer of egg until all used. Bake in a moderate oven $\frac{1}{2}$ hour.

—Jean Sage.

Salad

- 1 pint boiling water
- 1 lemon jelly powder

When almost set beat until white. Add 1 cup whipping cream (whipped). $\frac{1}{2}$ cup pimento olives, sliced; 1 cup blanched olives, shredded and 1 cup of grated cheese. Put into individual molds. Serves 12.

—Mrs. Barbara Spencer.



Macaroni and Cheese

- 2 cups macaroni or spaghetti
- $\frac{1}{2}$ cup cheese, grated or cut fine or cream cheese
- $\frac{3}{4}$ cup canned milk
- small piece of butter

Cook macaroni in boiling salt and water until tender. Drain, add canned milk and heat thoroughly. Add cheese and butter, stir until smooth.

—Mrs. N. E. Murtaugh.



Tomato Sausage

Casserole

- $\frac{1}{2}$ lb. sausage
- 1 can tomato soup
- Batter:**
- 1 egg
- 1 cup milk or cream (or mixed)
- 1 cup flour
- 1 tsp. baking powder

Cut sausages, fry slightly. Put in casserole; cover with tomatoes and dough. Bake 35 minutes.

—Mrs. G. H. Whidden.

Baked Eggs

Grease custard cups (or patty pans) place 2 tbsp. tomato catsup in each. Break egg into this; cover with grated cheese, season with pepper and salt. Bake in moderate oven.

—Mrs. A. E. Howson.

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Pork Loaf

½ lb. raw smoked ham, chopped
1 lb. raw ~~smoked~~ ham *burger*
1 egg
pepper and salt
1 cup bread crumbs

Put in loaf pan. While baking pour 1 tin tomato soup over it.

—Alice Hackman, Winnipeg.

★ ★ ★

Jellied Chicken

For Six Servings

1 level tbsp. Knox sparkling gelatin
1 cup of chicken, sliced
1½ cups chicken broth
¼ cup cold water
1 cup vegetables, cooked, peas, carrots and celery

—Mrs. M. C. Gardiner.

Porcupine Balls

1½ lbs. ground beef
½ cup uncooked rice
2 tbsp. minced onion
1 tsp. salt
pepper

Wash the rice and combine with the meat and salt, pepper and onion. Form into small balls and place into a greased casserole or baking dish; then cover with the following sauce.

1 onion
1 tbsp. fat
2 cups canned tomatoes
1 tsp. sugar, salt, and pepper (cayenne)

Melt the fat in a frying pan and add onion which has been finely chopped and cook for five minutes. Add the canned tomatoes and sugar and season with salt, pepper and a dash of cayenne pepper. Pour this over the meat balls and bake in moderate oven for 1½ to 1½ hours. The porcupine effect is obtained by using the uncooked rice; for in the process of cooking the rice swells and extends in points on the outside of the meat balls.

—Mrs. J. Leary.

E. F. GARDINER

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Stuffed Steak

- 1½ lbs. round steak, sliced thin
- salt and pepper
- 1 onion, minced
- 2 tbsp. shortening
- ¼ tsp. salt
- 1 cup soft bread crumbs
- ½ tsp. celery salt
- 2 tbsp. minced parsley

Sprinkle meat with salt and pepper and remove any pieces of bone or gristle. Saute the onion in the shortening, then add combined remaining ingredients. Spread over the meat and roll as you would roll a jelly roll, fastening with toothpicks or tying in several places with string. Brown the roll quickly in a hot oven, cover and cook gently until the meat is tender. (Add about a tablespoon of water at first if meat seems dry). Serve with thin gravy made from pan liquid, or with mushroom sauce, made from canned mushroom soup.



Scalloped Tomatoes

- 1 quart jar of tomatoes
- 2 tsp. finely chopped onion
- 1 cup cracker crumbs
- 1 tsp. butter

salt and pepper to taste

Place ½ jar of tomatoes in casserole, sprinkle with a layer of cracker crumbs, onion and salt and pepper; add the rest of the tomatoes, crumbs, onion and dot the top with butter. Cook for 45 minutes in a moderate oven.

—Mrs. Harry Reynolds.

Cheese Puffit (Supper Dish)

- 8 slices of stale bread
- ¼ lb. sliced cheese
- 4 eggs
- 2½ cups milk
- ¾ tsp. salt
- dash of pepper or paprika

Toast bread (plain bread may be used). Butter toast and make cheese sandwich. Arrange in greased baking dish. Beat eggs, then add milk, salt and pepper. Pour over bread. Chill. Bake in moderate oven until set.

—Mrs. A. Pederson.



Blushing Bunny

- 2 eggs
- ½ cup milk
- 1 tbsp. butter
- 2 tbsp. flour
- 1 tsp. mustard
- dash of pepper
- 1 cup grated cheese
- 2 or 3 cups tomatoes

Heat milk, melt butter and flour and add to milk. Then add cheese and tomatoes. Place in a slow oven until thick for 15 to 20 minutes. Serve on toast or crackers.

—Mrs. R. J. Wallace.



Chili Con Carne

2 lbs. hamburger put in with 3 good-sized onions sliced quite fine. Let fry, then pour on one large tin of tomatoes and one can of red kidney beans. While meat is cooking, prepare 1 pkg. spaghetti. Drain this and pour into the mixture and cook slowly for 1 hour. If you wish it hot add about ¼ tsp. red pepper.

—Alice Gilbertson.

Pork and Beans DeLuxe

Empty contents of one can of pork and beans into casserole; cover liberally with sliced cooked peaches and about $\frac{1}{2}$ cup of peach juice. Pour over $\frac{1}{4}$ cup tomato catsup and heat thoroughly in hot oven. Serve with brown bread and butter as a main dish for supper.

—Mrs. A. M. MacDonald.

★ ★ ★

Corn Fritters

- 2 eggs well beaten
- 2 cups sweet milk
- butter the size of an egg
- 2 tsp. baking powder

Mix with flour, making a batter as stiff as can be stirred with a spoon. Add 1 can of whole kernel corn and mix all together well. Fry in deep fat to a golden brown. Serve with parsley white sauce.

—Mrs. Clarence Nelson
R.R. No. 7 Scott Road,
New Westminster.

★ ★ ★

Dumplings

- 2 cups flour
- $\frac{1}{2}$ tsp. salt
- 2 tsp. baking powder or 1 tsp. soda and 2 tsp. cream of tartar

Enough cold water to make a stiff dough to drop from the spoon. Cook twenty minutes on chicken or meat gravy. Keep lid on while working.

—Agnes M. Revell.

Beef Stew

With Dumplings

- 1 lb. rump steak
- 4 cups potatoes, diced
- 1 sliced onion
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 1 cup carrots
- 1 cup turnips

Cut fat off meat and cut in small pieces. Heat in frying pan. Cut meat into 2-inch cubes and dredge with flour seasoned with salt and pepper. Sear in fat in frying pan. When well browned, put in kettle. Rinse frying pan with 1 cup boiling water and add to contents in kettle. Bring quantity of water to 1 quart and boil 5 minutes; then cook at low temperature until tender. Add vegetables 1 hour before meat is cooked. Add dumplings 15 minutes before serving.

DUMPLINGS

- 2 eggs
- $\frac{1}{4}$ cup milk or water
- pinch of salt
- enough flour to make it easy to drop

Drop from tablespoon into stew and cook 15 minutes.

—Mrs. H. Karach.

★ ★ ★

Mint Sauce

- 4 tsp. chopped mint
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup vinegar boiled

Pour over mint. Seal and let stand until cold.

—Mrs. E. Cameron.

Meat Balls

Mix:

- 1 lb. ground beef
- 1 lb. ground pork
- $\frac{1}{3}$ cup onion, chopped fine
- $\frac{3}{4}$ cup soft chopped bread or cracker crumbs
- 3 tbsp. chopped parsley
- $\frac{1}{2}$ tsp. marjoram or allspice
- $1\frac{1}{2}$ tsp. salt and pepper
- 1 tbsp. milk

Mix well. Chill 2 hours (optional). Form into small balls. Brown in fat.

GRAVY:

Mix:

- 4 tbsp. flour or less
- 1 tbsp. paprika
- salt and pepper
- 2 cups tomato juice or water

Heat and cook meat balls in it slowly.

—Mrs. Fritz Munz.



Hamburger Loaf

- $1\frac{1}{2}$ lbs. chopped meat ($\frac{3}{4}$ beef and $\frac{1}{4}$ pork)
- 1 tsp. salt
- $\frac{1}{2}$ tsp. chopped onion or 1 tsp. onion juice
- 1 good pinch black pepper
- 1 beaten egg
- $\frac{1}{2}$ cup bread crumbs or cooked rice or macaroni
- 1 tbsp. melted butter in $\frac{1}{2}$ cup tomato juice

Mix well together and put in long loaf pan. Place thin slices of bacon on top. Add a little pepper and onion seasoning. Bake in a moderate oven for an hour until well roasted.

—Mrs. H. Karach.

With Tomato Sauce

Baked Rice and Cheese

- $\frac{1}{4}$ tsp. pepper
- 3 cups cooked rice (or $\frac{3}{4}$ cup uncooked)
- 3 tbsp. butter
- 3 tbsp. flour
- $1\frac{1}{2}$ cups tomato juice
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. dry mustard
- $\frac{1}{4}$ tsp. condiment sauce
- $\frac{3}{4}$ cup grated American cheese

Measure rice. Prepare a sauce from the butter, flour and tomato juice (liquid from stewed or canned tomatoes may be used). Season with salt and pepper and condiment sauce. Arrange in a greased baking dish, a layer of rice, sprinkle with cheese and pour over a portion of sauce. Continue until the rice is used. Top with crumbs and bake.

—Freida Zieg.



Crown Roast of Spareribs

- 2 lb. spareribs
- 2 cups boiled rice
- 2 cups bread crumbs
- 1 minced carrot
- 1 large minced onion
- $\frac{1}{4}$ cup raisins
- 3 tbsp. butter or fat
- $\frac{1}{2}$ tsp. sage
- 2 tsp. salt
- $\frac{1}{4}$ tsp. pepper

Tie spareribs in crown roast shape. Wipe meat with cold damp cloth. Set upright in baking dish. Mix all other ingredients thoroughly and pack in cavity. Bake in 325 oven for 2 hours.

—Mrs. Mae Whetter, Delisle.

Salmon Supper Dish

tin of salmon
left over peas
cream sauce
2 hard boiled eggs
1 cup left-over potatoes

In bottom of baking dish place layer of salmon, next a few peas, slices of hard boiled egg, cream sauce. Repeat until dish is full and on top put mashed potatoes. Dot with butter and bake about 20 minutes.

—Norma E. Graham.

★ ★ ★

Spaghetti and Hamburger

Cook spaghetti in hot water and pinch of salt until tender. Add $\frac{1}{2}$ pound of finely grated cheese, 3 tbsp. butter and mix well. To this add 1 tin tomato soup. Serve hot with tiny hamburger patties buried in the spaghetti. Minced ham may be used instead of hamburger.

—Mrs. Don MacMillan, Asquith.

★ ★ ★

Beef Steak Loaf

2 lbs. beef steak
 $1\frac{1}{2}$ cups of bread
2 onions

Put through chopper. Then mix all together. Add 3 eggs, salt, 1 cup milk. Butter a pan and press all into it. Put small lumps of butter on top. Bake in slow oven 1 hour. This is enough for 8 or 9 persons.

—Mrs. T. H. Revelle.

Meat Balls

1 lb. ground beef
2 tbsp. chopped onion
 $\frac{1}{4}$ cup cornmeal
1 tsp. salt
 $1\frac{1}{2}$ tsp. dry mustard
 $\frac{1}{2}$ cup milk
1 egg, beaten
flour

Combine all ingredients thoroughly and press into balls. Roll in flour and brown in hot fat. Pour condensed tomato soup over them or white sauce and put them in the oven to cook slowly. If preferred pour can of mushroom soup over the browned patties.

—Mary Fox.

★ ★ ★

Mock Duck

Take a good sized piece of round steak; make dressing as for fowl; put on the steak; roll or wind string around it; bake in covered casserole or covered pan, as roast beef. May be served hot, or allowed to cool with string on it. Slice thin and garnish with slices of lemon and parsley.

—Mrs. A. E. Howson.

★ ★ ★

Mock Vegetable Steaks

Place small pieces of steak in roaster and brown in oven, smother with onions; when browned pour in two tins of vegetable soup and cook for 15 minutes. season to taste. Serve with baked potatoes.

—Lillian Dohlen.

Sweet Potatoes And Pineapple

Boil 4 medium sized sweet potatoes with jackets on. Remove skins when soft. Put through ricer. Add:

- 2 tbsp. butter
- 1 tsp. salt
- $\frac{1}{2}$ cup pineapple juice or $\frac{1}{4}$ to $\frac{3}{4}$ cup crushed pineapple and juice

Beat thoroughly. Pile in hot vegetable dish and garnish with parsley. Serves six, and may be served with chicken or salmon salad; or Virginia ham.

—Mrs. Bus McHarg.

★ ★ ★

Supper Dish Corn Pudding

- 4 tbsp. flour
- $\frac{1}{2}$ tsp. salt
- 1 tbsp. butter
- 1 tbsp. sugar
- 1 cup milk

Blend this into a white sauce and add beaten egg yolks and 2 cups corn (or 1 can). Last fold in beaten whites and bake in moderate oven until set.

—Mrs. A. R. Small.

★ ★ ★

Holopski

- 2½ lbs. hamburger
- 2 eggs
- 1 cup rice
- 1½ cups bread crumbs
- salt and pepper to taste

Mix everything together and roll in cabbage leaves. Fill the kettle with water and put some butter or shortening in. Put a weight on top and cook until done.

—Annie Zeebin.

Tomato Stew With Dumplings

Cook for 10 to 15 minutes:

- 1 quart tomatoes
- few drops onion juice
- 1 tsp. salt
- 1 tbsp. sugar
- sprinkle of pepper

Add $\frac{1}{4}$ cup butter and bring to boiling point. Place small dumplings in boiling tomatoes. Cover closely and cook 20 minutes.

DUMPLINGS:

- 1 cup flour
- 2 tsp. baking powder
- 2 tbsp. butter
- scant $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ tsp. salt
- few grains paprika

—Ethel Reichert.

★ ★ ★

Chop Suey

- 1 lb. round steak
- $\frac{1}{2}$ lb. lean pork
- 4 cups tomatoes (less)
- 2 tbsp. molasses
- 2 tbsp. chop suey sauce
- 1 small head cabbage
- 1 bunch celery
- 1 tsp. salt
- 2 large onions
- dash of cayenne pepper
- rice
- 2 strips of bacon

Cut meat and bacon in small pieces; cut all vegetables. Heat cooker and brown bacon; add meat, salt and pepper; add all vegetables with tomatoes. Wash rice well and add to rest of ingredients. Cook 8 minutes in pressure cooker.

—Norma E. Graham.

Potato and Salmon Cutlets

- 1 can salmon
- 2 cups potatoes
- 1 egg
- 1 tsp. baking powder
- 1½ tsp. salt
- ¼ tsp. pepper
- seasoned crumbs
- 1 tsp. Worcestershire or sauce

Mix well and shape into cutlets ½ inch thick. Crumb, egg and crumb again. Fry in deep fat (390). Stick macaroni in the ends and serve garnished with green peas. Serves 6.

—Norma E. Graham.



Macaroni and Cheese

- ½ lb. macaroni
- boiling, salted water
- 1½ cups grated cheese
- 3 tbsp. butter
- 3 tbsp. flour
- 2 cups milk
- ½ tsp. salt
- dash of pepper
- ½ cup bread crumbs
- 1 tbsp. butter

Cook macaroni in boiling water until tender. Drain well. Place a layer of macaroni in bottom of greased casserole; then a layer of grated cheese. Continue in layers until both are used. Melt butter, blend in flour. Add milk and stir until thickened. Season with salt and pepper and pour sauce over macaroni. Cover with bread crumbs and dot with 1 tbsp. butter. Set dish in hot water and bake in moderate oven (350) for 30 minutes. Serve hot.

—Mrs. K. Reichert.

Tenderloin Casserole

- 1½ lbs. of tenderloin
- 1 cup peas
- ½ cup chopped onion
- ½ cup green pepper chopped
- 1 can vegetable soup
- 1 cup chopped celery

Brown meat in pan. Remove and brown onions in some fat. Place meat and vegetables in alternate layers in casserole. Pour soup over this and bake in moderate oven one hour. Other steak may be substituted.

—Mrs. J. R. Ferguson.



Macaroni a la Creme

- 1 cup macaroni
- 2 large onions
- 1 cup chopped celery
- 4 tbsp. butter
- 4 tbsp. flour
- ½ tsp. salt, pepper
- 2 cups milk
- ½ cup tomato soup
- ½ lb. mild cheese
- 4 slices minced bacon

Chop onions and celery, add macaroni. Cover with boiling water and cook 20 minutes. Drain and rinse in cold water. Place in a greased casserole. Melt the butter, blend in the flour, add the salt and pepper and milk. Cook until it begins to thicken; then add tomato soup and half of cheese. Cook for few minutes longer until cheese melts. Pour over macaroni. Then sprinkle remaining cheese and minced bacon over the top and bake in moderate oven (350) until bacon is crisp (about 30 minutes).

—Mrs. K. Reichert.

Spanish Steak

Round steak at least 1 inch thick. Pound flour into steak with edge of plate; sprinkle with celery salt. Brown on both sides in hot pan. Put in casserole; cover with can tomato soup, slices of onion and green peppers. Cover, add water to keep from getting dry. Bake until tender.

—Mrs. A. E. Howson.



Baked Tenderloin

Dip Frenched tenderloin in egg and bread crumbs; brown in fry- ing pan. Put in casserole or Dutch oven. Pour one can of mushroom soup over it with two cups cold water. Bake in oven three hours. Serve at once. Other steak may be substituted.

—Mrs. Inez Graham.



Canned Fish

- 1 gallon fish
- 1 lb. butter
- 1 cup strong vinegar
- salt and pepper to taste

Clean fish, cut into 3-inch pieces and put in roaster. Add butter, vinegar, salt and pepper. Roast in moderate oven for 3 hours. Then pack into sterilized jars and process for 2 hours.

—Mrs. H. Kara L.

Corn Cheese Fondue

- 1 cup milk
- 1½ cups bread crumbs
- 1 cup corn (canned)
- 1 cup grated cheese
- 1 tbs. butter
- salt, pepper and paprika to taste
- 3 egg yolks beaten until thick
- 3 egg whites beaten stiff

Mix well, the milk, crumbs, cheese, butter, corn and seasoning. Add egg yolks and fold in stiffly beaten egg whites. Bake in buttered dish in a 350 degree oven until firm.

—Mrs. Mae Whetter, Delisle.



Tenderloin Casserole

In a well greased casserole place 3 medium potatoes thinly sliced. Sprinkle with salt and pepper. Nearly cover with milk. Over this place a dressing of:

- 1 cup moistened bread crumbs
- 1 small chopped onion
- ¼ tsp. of sage
- 2 tsp. shortening
- pepper and salt to taste

On top of this place Frenched tenderloin. Cover and bake until tenderloin is a rich brown, about 1½ hours. Other steak may be substituted.

—M. Schoonover.

Hamburg Scallop

- 1 lb. minced beef
- 1 tsp. salt
- few grains pepper
- 1 tsp. poultry seasoning
- 1 cup fine bread crumbs
- 1 egg
- 2 onions sliced fine
- 6 medium potatoes
- salt and pepper
- 1½ cups milk or diluted canned milk

Combine minced beef with 1 tsp. salt, few grains pepper and poultry seasoning. Add bread crumbs and slightly beaten egg. Spread in greased baking dish. Cover with sliced onions, then thinly sliced potatoes. Sprinkle the vegetable layers lightly with salt and pepper. Pour in the milk to almost cover. Bake in covered dish in rather slow oven for 1 hour. Uncover and continue baking until potatoes are tender and nicely browned.

—Mrs. Dickson.

Simple Supper Dish

- sliced raw potatoes
- sliced raw onions
- chopped green pepper
- finely cut celery
- sliced carrots
- ground steak
- raw rice
- salt and pepper
- stewed tomatoes

Arrange layers of potato, onion, green pepper, celery, carrots, meat and rice in greased baking dish, seasoning layers. Fill baking dish to within 1 inch of top. Cover with canned tomatoes. Cover and bake at 325 degrees (slow oven) until potatoes and rice are tender. Add liquid during baking if necessary. If desired grated cheese may be added toward end of baking, leaving dish uncovered to brown.

Note: Quantities in above recipe are left up to the individual. Any left over meat may be used and macaroni instead of rice, in which case macaroni should be pre-cooked.

---Mrs. Dickson.

BENCE & BENCE

L. F. BENCE, B.A., LL.B., Agent of the
Attorney General



BARRISTERS - SOLICITORS - NOTARIES PUBLIC

Bologna Cornucopias

- 1 lb. bologna (sliced thin)
- 3 cups soft bread crumbs
- $\frac{1}{2}$ tsp. salt
- 2 tbsps. minced onion
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{3}$ cup melted butter
- $\frac{1}{2}$ cup milk
- 1 cup tomato juice

Fold slices of bologna in cornucopias and fasten with a tooth pick. Combine crumbs, onion, salt and celery. Add butter and milk. Pour over mixture. Fill cornucopias with the mixture. Place in shallow baking dish. Pour over the tomato juice. Bake in hot oven 15 minutes. Six servings.

—Mrs. John Pallister.

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Egg with Tomatoes

- 1 pint strained tomatoes
- $\frac{1}{4}$ cup minute tapioca
- 1 tsp. salt
- dash of paprika
- 1 tbsps. butter
- 1 tsp. chopped onion
- 1 tsp. chopped parsley
- 4 eggs
- $\frac{1}{4}$ cup grated cheese

Heat strained tomatoes in double boiler. Add all other ingredients except eggs and cheese and cook 15 minutes stirring frequently. Butter shallow baking dish. Pour in tapioca mixture. Make four slight depressions in sauce and into each break an egg. Sprinkle with cheese and bake in moderate oven until eggs have set. Serve hot on toast. Garnish with parsley.

—Mrs. H. A. Siemens.

Beef Upside Down Pie

- $1\frac{1}{2}$ cups flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1 tsp. paprika
- 1 tsp. celery salt
- $\frac{1}{4}$ tsp. pepper
- 5 tbsps. shortening
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup sliced onion
- 1 can tomato soup
- $\frac{1}{2}$ lb. ground raw beef

Sift together flour, baking powder, salt, paprika, celery salt and pepper. Add 3 tbsps. shortening and mix. Add milk and stir until blended. Melt remaining 2 tbsps. shortening in frying pan and cook onions until soft. Add tomato soup and ground meat; bring to a boil. Spread baking powder mixture on top of meat mixture and bake in hot oven for about 20 minutes. Turn out upside down on plate.

—Mrs. Minnie Smith.

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Kidney Special

- $\frac{3}{4}$ lb. kidney (cut in pieces)
- 3 tbsps. butter
- 2 tbsps. vinegar
- 2 tbsps. flour
- 1 small onion
- 1 tbsps. wine (optional)
- 1 lemon juice
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- meat broth

Steam onions in butter. Add kidney and steam until redness is gone. Brown flour and add. Add gravy or broth (plain water may be used). Vinegar, wine, lemon juice and pepper. Cook $1\frac{1}{4}$ hours slowly. Add salt when done.

—Ethel Reichert.

Pickled Eggs

- 12 eggs
- 1 tbsp. horseradish
- 2 onions
- 1 quart vinegar

Hard boil eggs. Remove shell when cool then pack eggs in jar. Add horseradish and finely chopped onion to vinegar. Bring to boil and pour over eggs. These will keep several weeks. Serve with cold meat or fish.

Variation: If cooked with beets, eggs will be a beautiful red.

—Mrs. J. Regan.

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Homemade Mustard

- ½ cup flour
- 1½ tbsp. mustard
- ½ tbsp. tumeric
- 1 tbsp. sugar
- ½ tsp. salt
- 4 tbsp. vinegar

Enough cold water to make a thick paste.

—Mrs. J. Bodnard, Englefeld.

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Noodle and Hamburger Hot Dish

Boil 1 pkg. of noodles until done. Fry—1 green pepper (cut in small pieces).

- 1 large stalk of celery (cut up)
- 1 small onion in butter until onions are brown.

Fry—1 lb. of hamburger and break up while doing so. Season to taste. Add noodles and stir in one can of tomato soup. Slice in 2 tomatoes if desired. Pour in a baking dish and bake in moderate oven.

—Mrs. Norman Peters.

Creole Hamburg

Put 2 tbsp. shortening into a frying pan and melt. Slice in 1 medium onion. (2 tbsp. chopped green peppers optional). Fry until onion is soft. Put in pound of hamburger or minced round steak, continue frying until meat is slightly brown, stir a little to separate meat, add 1 cup hot water, ½ tsp. salt, 1 tin tomato soup. 2 cups boiled rice or potato, cover and boil 15 minutes.

—Mrs. A. J. Hill.

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Meat Rolls on Toast

- 1 lb. ground beef
- 1 tsp. salt
- dash of pepper
- 2 tbsp. water
- 6 slices toast
- stewed tomatoes or tomato sauce

Mix beef, salt, pepper and water. Shape into rolls. Roll in milk, then dry bread crumbs. Brown in a little fat in hot skillet until done. Serve on toast with tomato sauce.

—Mrs. N. E. Murtaugh.

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Potato Dish

(Makes a Good Supper Dish)

To 3 cups of hot mashed potatoes add:

- ½ tbsp. grated onion
- 2 tbsp. butter
- 2½ tbsp. grated cheese

Season with salt and pepper and add 1 cup thick tomato pulp. Whip until light and pile into a shallow baking dish. Make depressions and break into these eggs. Cover with 1 cup medium thick, white sauce; sprinkle with grated cheese and bake in a hot oven until eggs are set.

—Mrs. Minnie Smith.

Hot Tomato Cheese

Sandwiches

- 12 slices lightly buttered bread
- ½ lb. cheese thinly sliced
- 2 cups tomato juice
- 2 eggs, salt and pepper

Make sandwiches of cheese and bread, beat egg, add tomato juice mixture and brown in hot, well-greased frying pan. Six servings.

--Mrs. John McIn'osh

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Chili Con Carne

- 2 tbsp. bacon fat
- 1 medium sized onion (diced)
- 1 clove garlic (peeled)
- 1 lb. chopped beef
- 2 cups canned or cooked kidney beans
- ½ tsp. salt
- pepper
- ½ tsp. chili powder
- 2½ cups canned tomatoes
- 1 cup grated cheese

Melt bacon fat in heavy frying pan. Add chopped onion and garlic and cook 3 minutes. Remove garlic. Add meat, and cook 2 minutes. Add kidney beans, seasonings and tomatoes and mix well. Put in greased 1½ quart casserole, sprinkle with cheese and bake in moderate oven (375) 15 to 20 minutes or cover and cook over low heat on top of stove. Yield, 6 servings.

Salmon Roll

- 2 cups flour
- 4 tsp. baking powder
- ½ tsp. salt
- 4 tbsp. shortening
- 1 egg
- ½ cup milk, more if needed
- 1 tin salmon
- 4 tbsp. milk
- 2 tbsp. lemon juice or vinegar
- 2 tsp. scraped onion
- ½ tsp. salt

Sift first 3 ingredients. Add shortening. Beat egg slightly in a cup. Add milk until ¾ full. Add to the mixture. Roll out 8 inches long and ¼ inch thick. Spread salmon mixture on as you would for a jelly roll. Roll like jelly roll and bake 30 minutes. Slice and serve with white sauce.

--Mrs. Arnold Peppin, Pike Lake.

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Liver Dumplings

- 1 lb. ground liver
- 4 slices bread (crumbs)
- 2 eggs (beaten)
- 2 tbsp. flour
- 2 tbsp. suet (ground)
- 1 small onion
- 1 tsp. each salt and nutmeg
- ¼ tsp. pepper

Steam bread, onions and spices in butter. Add liver and other ingredients. Drop by spoonfuls in boiling broth. Cook 10 minutes.

--Ethel Reichert.

Goodbye Shortcake

BISCUIT: Sift

- 2 cups flour
- 4 tsp. baking powder
- $\frac{1}{2}$ tsp. salt

Work in 5 tbsp. fine lard; add $\frac{3}{4}$ cup liquid (half milk and water). Pat out the dough $\frac{1}{2}$ inch thick. Cut out half with biscuit cutter. Brush with melted fat. Cut remaining dough with doughnut cutter; place ring on whole rounds. Bake 15 minutes in hot oven (450). Separate biscuits; pour meat sauce between; garnish with red jelly.

MEAT SAUCE:

Melt 2 tbsp. fat. Add:

- 6 tbsp. flour
- 1 tsp. salt
- $\frac{1}{8}$ tsp. pepper

Slowly add 2 cups milk (or gravy and milk); stir. Bring to boil; add 2 cups diced cooked meat and 2 tbsp. minced parsley.



Homemade Cheese

- 3 gallons skimmed milk
- 1 tsp. salt
- $\frac{1}{2}$ cup butter
- 1 tsp. butter color
- 1 tsp. soda
- 1 cup sour cream

Let the skim milk stand until thick; heat on stove; bring to nearly boiling point, but do not let boil. When curdy strain through a bag and let drip overnight. Empty into mixing bowl and mix with soda and butter. Let stand for 2 hours, then put in double boiler to cook. When it begins to cook mix butter color and salt in cream and add to curds. Cook until lumps are out and of smooth consistency. Stir often. It may be stringy at first but improves with cooking. When smooth put in dish to cool.

—Mrs. Charles Sunderland.

Tuna (Salmon) Mold

- 1 envelope unflavored gelatin
- $\frac{1}{4}$ cup cold water
- 1 cup Carnation milk
- 2 egg yolks
- 1 tsp. salt
- 1 tsp. prepared mustard
- $\frac{1}{4}$ tsp. paprika
- 2 tbsp. lemon juice
- 1 7-oz. can tuna (or 8-oz. can salmon) drained and flaked
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup pimento (optional)

Soften gelatin in water. Heat milk in top of double boiler over hot water; add gelatin and stir until dissolved. Combine egg yolks, salt, mustard and paprika and beat slightly. Add small amount of the milk to egg mixture and return to double boiler. Cook over hot (not boiling) water, stirring constantly, until mixture thickens. Remove from heat; cool. Stir in remaining ingredients. Turn into quart mold and chill until firm. Serves 6.

—Joyce Tait.



Scalloped Potatoes With Cheese

- 3 tbsp. butter
- 3 tbsp. flour
- 1 tsp. salt
- 2 cups milk
- 4 cups raw sliced potatoes
- 6 ounces (1 cup grated cheese)

Melt butter, add flour and salt, stir until well blended. Add milk slowly, stirring constantly until thick and smooth. Alternate layers of sliced potatoes, white sauce, and cheese in a casserole. Bake in a moderate oven for 1 hour.

—Mrs. N. E. Murtaugh.

Marmalades & Jams

Date Jam

4 lbs. rhubarb

1 lb. dates

4 lbs sugar, brown or white

Use a little more rhubarb if you like.

—Mrs. A. C. Gilbertson.

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Peach and Orange Marmalade

8 cups peach pulp

2 oranges

5 cups sugar

Cut peaches and oranges, skins and all, put through chopper. Boil 1 hour or until cooked.

—Mrs. Butler.

—Hazel Tait.

★ ★ ★

Apricot Jam

(OLD ENGLISH RECIPE)

1 lb. dried apricots

2½ lbs. granulated sugar

3½ pints cold water

Soak fruit in 2 pints of cold water for 3 days. Boil with rest of water added until fruit is soft. Then add sugar and boil until it sets (about 20 minutes).

If fruit is boiled until just fairly soft after soaking and ½ pound blanched almonds added it is almost as good as fresh apricot preserve.

—Mrs. B. Dashper, Winnipeg.

Per Mrs. J. A. Gilroy.

★ ★ ★

Rhubarb and Banana Jam

12 lbs. rhubarb cut up and let stand over night with 8 lbs. sugar, or pound for pound if you like it sweet. When cooked add 6 bananas cut up fine a few minutes before sealing.

—Mrs. T. Meiklejohn.

Raspberry or Strawberry Jam

4 lbs. raspberries or strawberries

2½ lbs. sugar

Mash berries, add sugar; cook 80 minutes, stirring very often. Pour into glasses and cover.

—Mrs. Robert Meiklejohn.

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Strawberry Jam or Raspberry Jam

2 quarts strawberries (that is 2 boxes)

6½ cups sugar

Boil berries five minutes with sugar; then add 1 tsp. Epsom salts and boil one minute and bottle.

Keep stirring while boiling.

—Mrs. A. Summach, Asquith.

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Strawberry Marmalade

2 oranges

2 lemons

½ cup water

⅛ tsp. soda

1 quart basket berries or 1

pkg. frozen berries

7 cups sugar

½ bottle liquid pectin

Peel oranges and lemons. Remove white membrane and slice rind thinly. Simmer in water to which the soda has been added about 10 minutes. Add orange and lemon pulp. Simmer 20 minutes. Wash, hull, and mash fruit and rind. Add sugar and boil 5 minutes. Remove from stove. Stir in pectin. Let stand 5 minutes before bottling. Pour wax on top when partly cooled.

—Dorothy (Revell) Robertson,
Fort William, Ont.

Raspberry Jam

- 3 cups applesauce, green apples
- 4 cups raspberries
- 5 cups sugar. A little more if apples are very tart

Cook to jam consistency and seal.

—Mrs. C. Sipes, Yorkton.



Peach Conserve

- 24 large peaches diced
- 2 lemons, juice and grated rind
- 2 oranges, juice and grated rind
- 7 cups of sugar
- 1 cup of almonds or walnuts (chopped)
- 2 cups of raisins

Let this mixture stand for half an hour. Then cook until tender. This makes a nice topping with your toast for breakfast.

—Viva Duguid.



Marmalade

- 1 large grapefruit
- 1 large orange
- 1 lemon

Squeeze juice of fruit and put rind through food chopper. Add 3 times amount of water as liquid and pulp. Let stand till next day; boil 10 minutes. Put away until next day and add cup for cup of sugar. Boil 2 hours.

—Mrs. H. Collinge.



Heavenly Jam

- 12 pears
- 12 peaches
- 12 apples
- 4 oranges
- 2 lemons

Cut up fine at night and stand until morning.

Put on stove and boil for hour and add cup of sugar to cup of fruit. I sometimes add a few maraschino cherries cut up.

—Norma E. Graham.

Pear Marmalade

- 12 lbs. pears
- 6 lbs. sugar
- 1 lb. raisins
- 3 oranges and 3 lemons sliced very fine
- 1/2 lb. walnut meats, chopped

Cook until thick.

—Mrs. Winnie Graham.



Grape and Apple Jam

Cook 6 or 8 medium sized apples (cut in pieces but do not peel or core) in little water. Put through sieve. Separate skins and pulp of grapes. Cook pulp about 10 minutes and put through sieve. To each cup of grape and apple mixture add 3/4 cup sugar. Cook 30 minutes and bottle.



Conserves de Poisson

Ecailey, lavez et videz du poisson frais (poisson blanc, truite de loc our aiglefin haddock). Coupez en morceaux. Saupoudrez un peu de sel sur chaque morceau. Mettez dans des bocaux sterilises. Ajoutez 2 cuillerees a table de vinaigre pour chaque pinte pour amollir les os. Ajustez les cououtehoues et les couvercles et sterilisez 2 1/2 heures au bainmarie. Otez les bocaux, serrez les couvercles, et enveloppez les de papier apres refroidissement.



Cherry Rhubarb

Wash, do not peel 1 lb. cherry rhubarb; add 2 1/4 cups water, 1 1/2 cups sugar. Cook in open kettle 1 to 2 minutes, after it boils; time depending on condition of rhubarb. If you put lid on kettle rhubarb pieces will mash. Let stand a few hours before serving.

—Joy Reid, Los Angeles.

Pies



Never Fail Pastry

- 2 cups flour
- $\frac{3}{4}$ cup shortening
- 2 tbsp. butter
- $\frac{1}{4}$ cup water
- 1 tbsp. vinegar

Bake in an oven heated to 400 for 15 minutes.

—Mrs. F. M. Warrack.

★ ★ ★

Pie Crust



$\frac{1}{2}$ lb. lard (cream)
Pour over lard $\frac{1}{2}$ cup boiling water; stir until all is dissolved. Add:

- 2 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. baking powder

Chill before using.

—Mrs. Fred Gardiner.

—Mrs. Jack Nicol.

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Lemon Pie

- 2 egg yolks
- 1 cup sugar
- grated rind of one lemon
- 1 cup of bread crumbs
- butter size of a walnut
- juice of 1 $\frac{1}{2}$ lemons (3 lemons for 2 pies)
- 1 cup boiling water

Let mixture come to a boil until it thickens. Add beaten white of eggs on top and brown.

—P. Willis.

Lemon Pie

- 1 to 1 $\frac{1}{2}$ cups sugar according to taste
- 2 heaping tbsp. corn starch
- juice 3 lemons
- grated rind of lemon
- yolk of 3 eggs
- 3 cups boiling water
- (Makes filling for 2 pies)

Mix egg yolks, sugar, corn starch, lemon juice; add boiling water to it; just before removing from heat add lump of butter and lemon extract. Top with beaten egg whites. (Add sugar and vanilla to egg whites). Brown in oven.

—Mrs. F. W. Graham.

—Mrs. A. C. Gilbertson.

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Lemon Fluff Pie

- 3 eggs
- $\frac{1}{3}$ cup lemon juice plus grated rind of 1 lemon
- 3 tbsp. hot water
- $\frac{1}{4}$ tsp. salt
- 1 cup sugar

Beat yolks of eggs very light. Add lemon juice, grated rind, hot water, salt and $\frac{1}{2}$ cup sugar. Cook in double boiler till thick. Add $\frac{1}{2}$ cup sugar to stiffly beaten egg whites and fold into mixture. Fill baked pie shell and brown in moderate oven.

—Mrs. Bus. McHarg.

Lemon Chiffon Pie

- 3 tbsp. butter
- 1 cup sugar
- 3 beaten egg yolks
- 5 tbsp. flour
- $\frac{1}{4}$ cup lemon juice
- 1 cup milk or hot water
- 3 stiffly beaten egg whites

Cream together butter, sugar and flour. Add egg yolks, lemon juice and milk. Fold in egg whites. Pour uncooked mixture into 8-inch baked pie shell. Bake 30 minutes in moderate oven. It's quick!

—Mrs. Frank Ratz.

—Mrs. Bus. McHarg.

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Angel Food Pie

- 1 cup crushed pineapple
- 1 cup cold water
- 1 cup white sugar
- $\frac{1}{8}$ tsp. salt

Mix in double boiler. Boil and add 3 tbsp. corn starch in water. Cook, set to cool. When cool add 3 beaten whites. Put in baked pie shell. Cover with whipped cream and walnuts.

—Mrs. Fred Kopp.

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Lemon Sponge Pie

Cream:

- $1\frac{1}{2}$ tbsp. butter
- 1 cup sugar
- 2 tbsp. flour

Add.

- beaten yolks of 2 eggs
- 1 lemon, rind and juice
- 1 cup scalded and cooled milk

Add beaten whites of 2 eggs last. Bake in pie shell or bake as pudding, placing pan in dish of cold water. Bake slowly 40 minutes.

—Mrs. Bert Franke.

Pumpkin Pie

- $1\frac{1}{4}$ cup cooked pumpkin
- 1 cup milk
- 1 cup brown sugar
- $\frac{1}{4}$ cup hot water
(dissolve 1 tsp. ginger)
- 2 eggs
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. salt

Mix all together and pour into uncooked pastry.

—Mrs. R. Dewhurst.

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Pumpkin Pie

(SUGARLESS)

- $1\frac{1}{2}$ cups strained cooked pumpkin
- 2 cups rich milk
- $\frac{3}{4}$ cup honey or maple syrup
- $\frac{1}{2}$ tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{2}$ to 1 tsp. ginger
- 3 eggs
- plain pastry

Mix pumpkin, milk, honey or maple syrup, salt and spices. Beat eggs well and add to first mixture. Line a deep 9-inch pie plate with pastry. Pour in pumpkin mixture. Bake in a hot oven of 450 degrees.

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Pumpkin Pie

- 4 cups strained pumpkin
- 1 tsp. salt
- 1 tsp. mace, nutmeg
- 1 tbsp. ginger

Add 4 eggs beaten with $1\frac{1}{2}$ cups sugar. Add slowly 4 cups milk and 1 cup cream. This makes 3 to 4 small pies.

—Mrs. R. J. Robertson.

—Mrs. J. Painchaud.

Pumpkin Pie

(Filling for 2 7-inch pies)

- 2 cups pumpkin
- 4 egg yolks
- 1½ cups brown sugar
- ½ tsp. ginger
- 2 tsp. cinnamon
- 2 tbsp. top milk or cream
- 1 tsp. vanilla (optional)
- juice and rind of 1 lemon (optional)
- 4 egg whites (beaten stiff)
- ½ tsp. salt

Beat egg whites stiff with enough white sugar to make meringue. Fold into mixture. Bake pastry shell only slightly, remove to oven door and pour in filling; continue baking very slowly until filling is done.

—Mrs. John Dickson.



Washington State

Apple Pie

- 5 medium Jonathon, Winesap, Staymen, Yellow Newton or Golden Delicious apples
- ¼ cup corn syrup or honey
- ½ cup sugar
- 2 tbsp. flour
- 1 tbsp. butter or other table fat
- cinnamon to taste (approximately ½ tsp.)

Line a 9-inch pie tin with rich pie crust; wash, quarter and core apples, but do not peel; cut in medium thin slices, crosswise. Mix all dry ingredients in a bowl and add to apples, turning until each slice is covered with dry mixture. Fill pie shell, pour corn syrup or honey over the top, dot with butter or other fat, cover with top crust.

Raisin Pie

- 2 cups raisins
- ¾ cup brown sugar
- 2 cups water
- ¼ tsp. salt
- 4½ tbsp. flour
- 2 tbsp. cold water
- 1 tsp. vanilla

Combine the raisins, sugar, 2 cups water, and salt, and cook until the raisins are tender. Mix and moisten the flour with 2 tbsp. cold water and add to the first mixture. Stir and cook until thick, then remove from the heat and add the butter and the vanilla. Cool slightly.

Pour into a pastry lined pan and cover with a top crust. Cut a few gashes in the top pastry to allow steam to escape and place in a hot oven (450) for 10 minutes and then reduce the heat to moderate (350) and continue baking for about 20 minutes longer, or until the crust is nicely browned.



Raisin Pie

- 3 tbsp. flour
- 1 cup sugar
- 1 tsp. salt

Mix together. Add 4 well beaten egg yolks. Add gradually 3 cups scalded milk and 2 cups raisins. Cook until thickened. Add 1 tbsp. butter and 1 tsp. vanilla, stirring constantly. Pour into baked pie shell. Cover with meringue from beaten egg whites to which add 2 tbsp. sugar. Brown nicely.

—Mrs. A. Dewhurst.

Raisin Pie

Cook 2 cups of raisins until fluffy using enough water to be dry when cooked. Pour in baked pie shells. Beat yolks of 3 eggs, gradually beat in $1\frac{1}{4}$ cups sugar, add 1 tsp. vanilla, pour over raisins; put in oven till golden brown; take out and have whites beaten stiffly with 2 tbsp. white sugar and 1 tsp. vanilla added. Put on top and return to oven to brown.

—Mrs. P. A. Haggard, Tisdale.

—Mrs. A. Holt.

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Jelly Pie

- $\frac{1}{2}$ cup butter
- 1 cup brown sugar
- 29 graham wafers
- pinch of salt
- 2 packages jelly powders
- $\frac{1}{2}$ pint cream

Roll wafers fine. Add butter, sugar and pinch of salt. Mix and pat down in pie dish (save out a little to sprinkle on top.) Heat in oven and when cool add filling.

Make up jelly and let set until well jelled. Then whip cream and mix in jelly gently with whipper. Fill in crust and sprinkle with the wafer mixture.

—Mrs. Vera Durant.

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Spice Pie

- 4 eggs
- $\frac{1}{2}$ tsp. cloves
- 1 tbsp. butter
- 1 cup raisins
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ tsp. cinnamon
- 3 tsp. vinegar
- 1 cup nuts

Beat butter, sugar and egg yolks together. Add slices and vinegar, then raisins and nuts. Lastly add stiffly beaten egg whites. Bake in crust in slow oven for 30 minutes.

—Cal McIntosh.

Raisin Meringue Pie

- $1\frac{1}{2}$ cups raisins
- $\frac{3}{4}$ cup granulated sugar
- 1 tbsp. butter
- 2 egg yolks
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{3}$ cup flour
- $\frac{3}{4}$ cup boiling water
- $\frac{1}{2}$ tsp. vanilla

Cover raisins with boiling water. Cook gently until tender. Drain well. Cream butter and sugar. Add well beaten egg yolks, salt, flour. Pour water raisins were boiled in into this mixture, stirring constantly. Turn into double boiler and cook until mixture is thick and smooth. Remove from fire, cool, and add vanilla. Place layer of well drained raisins in bottom of baked pie shell, cover with half filling, continue thus with raisins and filling. Serve with whipped cream or meringue.

—Mrs. W. H. King.

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Rhubarb Cream Pie

PASTRY:

- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup shortening
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ cup cold water

FILLING:

- $2\frac{1}{2}$ cups finely cut rhubarb
- 1 cup raisins
- 1 cup sugar
- $\frac{1}{3}$ cup flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup heavy sweet cream
- 1 egg

Line a deep pie plate with pastry. Mix flour, sugar, salt, cream and egg. Pour over rhubarb and raisins, which have been placed in pie shell. Cut strips of pastry $\frac{1}{2}$ inch wide. Place on pie crust in criss cross fashion. Bake in moderate oven $\frac{3}{4}$ hour.

—Mrs. Joe Hudolin.

Green Tomato Mincemeat Orange Sponge Pie

Chop 12 cups green tomatoes. Drain and add 4 quarts water. Boil gently for 1 hour. Let stand overnight. Drain and add 4 cups chopped apples.

- 1 lb. raisins
- ½ lb. chopped suet
- 1 cup vinegar
- 2½ lbs. brown sugar
- ½ lb. mixed chopped peel
- ½ tsp. salt

Mix well. Boil slowly 2 hours. Then add 1 tbsp. each of cloves, cinnamon, and nutmeg. Seal in jars while hot.

—Mrs. J. A. Gilroy.

★ ★ ★

Green Tomato Mincemeat

First Group

- 3 lbs. green tomatoes
- 3 lbs. apples
- 2½ lbs. brown sugar
- 2 lbs. raisins
- 2 tbsp. salt
- 1 cup vinegar

Second Group

- 2 tbsp. cinnamon
- 1 tbsp. cloves
- 1 tbsp. nutmeg
- 1 lemon
- 1 orange
- 1 cup suet

Chop tomatoes and drain well. Measure juice and add same amount of water to pulp. (Do not use juice). Scald mixture and drain off liquid. Repeat twice, adding fresh water, scalding and draining and add remaining ingredients in the first group and cook mixture until it is clear. Add second group and cook until thick. Makes 4½ quarts.

—Mrs. Russell Towle.

To the beaten yolks of 2 eggs add:

- 1 cup sugar
- 1 heaped tsp. flour
- 1 tbsp. butter

Mix above well and add juice and grated rind of 1 orange. Stir and add 1 cup sweet milk. Fold in whites of 2 eggs beaten stiff. Pour in unbaked pie crust and cook until set.

—Mrs. Vera Durant.

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Chiffon Pie

- 1½ tbsp. unflavored gelatin
- ¼ cup cold water
- 1 cup milk
- 1 cup thin cream
- 3 eggs separated
- ¼ cup sugar or white corn syrup
- ½ tsp. salt
- 2 tsp. vanilla
- ½ cup sugar
- 2 tbsp. chopped maraschino cherries
- 1 9-inch pie shell

Soften gelatin in cold water. Scald cream and milk. Beat egg yolks lightly and add ¼ cup sugar or syrup and salt. Add scalded cream and milk to egg mixture, very slowly, stirring all the time. Stirring constantly, cook in double boiler till the mixture coats spoon. (6 or 7 minutes). Remove from fire and add gelatin, stir until it is dissolved. When cool add flavor. Chill until mixture is of soft custard consistency. Fold in egg whites which have been beaten stiff with ½ cup sugar, and add cherries. Turn into baked pie shell, and sprinkle top with chocolate chips. Chill 2 to 3 hours.

—Mrs. Frank Ratz.

Jam Tart

(PIE)

- strawberry or raspberry jam
 $\frac{1}{2}$ cup sugar
 1 egg
 1 tbsp. butter
 3 tbsp. milk
 $\frac{1}{4}$ cup cocoanut

Spread jam over unbaked pie shell (fairly thick). Beat egg yolk with sugar, then add cocoanut, melted butter and milk. Beat egg white stiff and fold this into mixture. Spread over the jam and bake in hot oven until pastry is well baked and filling browned on top.

—Cal. McIntosh.

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Sour Cream Date Pie

- $\frac{1}{2}$ cup dates
 $\frac{1}{2}$ cup sugar (white)
 1 cup sour cream
 2 egg yolks
 1 tbsp. corn starch
 pinch salt

Cook in double boiler till thick. Just before turning into a baked pie shell add $\frac{1}{2}$ tsp. soda, 1 tsp. vanilla.

—Mrs. Jack Nicol.

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Sweet Cream Raisin pie Filling

Cook 1 cup raisins till tender. Then drain. Add one cup sweet cream and bring to a boil. Then add $\frac{1}{2}$ cup sugar mixed in 1 tbsp. flour and cook until thick. Then add 2 beaten egg yolks and cook 5 minutes. Put in baked shell. Cover with egg whites whipped.

—Mrs. Jack Nicol.

Sour Cream Pie

- 1 cup sour cream
 1 cup sugar
 2 eggs (yolk)
 $\frac{1}{4}$ tsp. cloves

Add 1 cup raisins to make it tastier. Place in uncooked shell. Beat egg whites; add sugar and pile on top. Brown in quick oven.

—Mrs. Emil Gilbertson.

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Marrow Cheese Pie

- 3 lbs. marrow
 3 lemons, juice and rind
 4 lbs. sugar
 $\frac{1}{2}$ lb. butter

Cook marrow until tender; drain and mash it. Put in saucepan with other ingredients and boil 1 hour. Makes very good tart filling.

—Mrs. R. Dewhurst.

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Butterscotch Pie

- 1 cup brown sugar
 1 cup boiling water
 1 heaping tbsp. flour
 butter size of an egg
 2 eggs
 1 tsp. vanilla

Put sugar, flour and boiling water in pan and boil until it thickens. Add slightly beaten egg yolks, butter and vanilla. Pour into baked pie shell. Make a meringue of egg whites and two tbsp. of icing sugar; put on top and brown slightly in oven.

—Mrs. James Ingram, Jr.

Honey Cream Pie

- 3 eggs
- 2 tbsp. flour
- 1 cup sour cream
- $\frac{1}{3}$ cup honey
- 1 tsp. cinnamon
- 3 tbsp. honey

Separate eggs. Beat yolks until light and lemon colored. Combine the $\frac{1}{3}$ cup honey with flour and cinnamon. Add the beaten egg yolks. Whip sour cream slightly, just enough to give it a smooth, light consistency. Add to other mixture and cook in top of double boiler until it thickens. Use a baked pie shell. Pour in honey cream. Beat egg whites stiff and slowly add 3 tbsp. honey, continuing to beat. Spread meringue on top and bake until golden brown.

—Mrs. N. Dewhurst.

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Rhubarb Pie

- 1 egg yolk
- 1 tbsp. flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tbsp. butter
- $\frac{1}{2}$ tsp. salt
- white for meringue
- 3 cup rhubarb

Pour boiling water over rhubarb and let stand 5 minutes. Drain. Cook pies before adding meringue.

—Mrs. J. Duguid, Sr.

Good Apple Pie

- 2 $\frac{1}{2}$ lbs. apples, sliced
- $\frac{1}{2}$ cup sour cream (large cup)
- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ cup almonds (not necessary)
- citron peel

Beat eggs, sugar, cream and diced peel together. Pour over sliced apple arranged in pie shell.

—Mrs. F. Dewhurst.

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Sweet Potato Pie

- ~~1~~ cups ^{sweet mashed} ~~raw~~ sliced potatoes
- $\frac{1}{2}$ cup white sugar
- 2 eggs well beaten
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{2}$ tsp. salt
- 1 tsp. nutmeg
- $\frac{1}{2}$ tsp. ginger
- 1 $\frac{1}{2}$ cups milk

Mix well. Pour into uncooked pie shell and bake in moderate oven until well done.

—Barbara Zee McRee,
Shreveport, La., U.S.A.

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Buttermilk Pies

- 2 cups buttermilk
- 2 tbsp. flour
- 2 tbsp. butter
- 2 eggs
- 1 cup sugar

Bake with an undercrust. Currants may be added.

—Mrs. R. J. Wallace.

COME IN FOR A FRIENDLY GAME

ED. WALKER

PHONE 65

BILLIARDS AND BARBER SHOP

Pickles

Cherry Olives (Sweet Pickle)

Cherries must be in perfect condition. (No bruised or split ones should be used.) Wash carefully under slow running water. Drain and leave stems on and stones in. Pack into hot sterile jars — don't crush them. To each pint add:

- 1½ tsp. salt
- 1 tbsp. brown sugar
- ¼ cup white vinegar

To each quart add:

- 1 tbsp. salt
- 2 tbsp. brown sugar
- ½ cup white vinegar

Fill jars to overflowing with cold water. Seal tightly. Wipe sealers dry and store in cool, dark, dry place. Don't use for at least two months.

— Norma E. Graham.

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Nine-Day Pickles

Slice cucumbers and put in brine 3 days. Brine that will float an egg. Put in clear, cold water for 3 days. Drain and simmer (not boil) for 3 hours with 1 pint vinegar, 1 tsp. alum and enough water to cover pickles. Drain and make syrup of:

- 4 lbs. white sugar
- 3 pints white vinegar
- 1 oz. celery seed
- 1 oz. allspice, whole
- 1 oz. cinnamon bark

Pour over pickles 3 times, heating syrup each time, once each day. (enough for 2 gallons). Small cucumbers do without slicing.

Note—I usually fill a 3 gallon crock full for they go down a lot and there is enough syrup to cover them.

—Norma E. Graham.

Corn and Tomato Pickle

- 12 ~~cans~~ ears of corn
 - 2 quarts ripe tomatoes
 - 1 quart onions
 - 1 quart cucumbers
 - 2½ cups vinegar
 - 4 cups white sugar
 - 1 tsp. salt
 - 1 bunch celery or 1 t-p. celery salt
 - 1 tsp. tumeric
 - ¼ tsp. red pepper
- Boil 1 hour

—Mrs. F. W. Graham.

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Pickled Beets

- small beets
- 2 cups vinegar
- 2 cups water
- 1 to 1½ cups sugar
- 3 tsp. whole mixed pickling spices
- 1 tsp. mustard seed

Make a pickling syrup by combining the vinegar, water and sugar and the whole spices and mustard seed, which have been tied in a bag. Bring to a boil and allow to boil for 5 minutes; then set aside overnight. This isn't absolutely necessary if you are pressed for time but the spices penetrate the syrup better when allowed to stand in it for a while. Cut off all but two inches of the stem from the beets. Wash the beets, then cover with cold water. Heat to the boiling point and cook until the beets are tender. Drain these and place in cold water and slip the skins.

—Mrs. A. Holt.

Sweet Pickled Gherkins

Use small 2-inch cucumbers. Cover with a scalding brine made of 4 pint water to 1 pint salt. Let stand overnight. Rinse and drain. Place in a preserving kettle, cover with pure vinegar and bring to boiling point. Drain well. Pack pickles into hot, sterile sealers and cover with the following syrup:

- 4 quarts vinegar
- $\frac{1}{2}$ cup mixed pickle spices
- 8 cups sugar

Tie the spice in a cheesecloth bag and boil with the vinegar for 8 minutes. Remove spices and add the sugar. Boil until sugar is dissolved and pour over cucumbers, filling jars to overflowing. Seal.

—Mrs. Norman Dewhurst.

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Mustard Bean Pickles

(Quantity: 4 Quarts)

- 3 cups vinegar
- 3 cups water
- 3 cups sugar
- $\frac{1}{2}$ cup flour
- 1 cup bulk mustard
- 1 tsp. tumeric
- 1 tsp. celery seed

Boil water, vinegar and sugar. Mix dry ingredients with a small quantity of water and pour into boiling water, vinegar and sugar. Then pour onto the cooked beans.

—Mrs. Norman Brown, Saskatoon.

—Mrs. Odeline.

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Dill Bean Pickle

Put beans in salt brine overnight. Cook beans in brine, drain and pack in jars with dill. Pour syrup over, made of:

- 1 cup sugar
- 1 cup vinegar
- 1 cup water

—Mrs. T. Meiklejohn.

Dilled Cucumbers

- $\frac{1}{2}$ gallon medium sized cucumbers
- 1 carrot cut lengthwise
- 4 cups boiling water
- 1 cup vinegar
- 2 tbsp. salt
- 2 tbsp. brown sugar
- 2 bay leaves
- 2 cloves
- 2 allspice
- 2 peppers
- 2 or 3 pins of garlic if desired

Put a little dill at bottom of jar, fill with cucumbers and carrot slice. Pour hot brine over, place jars in hot water for a few minutes until the cucumbers change color.

—Mrs. H. Karach.

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Ripe Tomato Chutney

- 24 ripe tomatoes
- 6 medium onions
- 3 sweet red peppers
- 3 sweet green peppers
- 12 tart apples
- 1 cup chopped celery
- 1 quart vinegar
- 1 quart water
- 3 cups sugar
- 2 tbsp. salt
- 1 lb. seedless raisins

Blanch tomatoes. Chop finely. Cut and chop onions, pepper; peel and core apples and dice them. Combine vegetables with apples, raisins, celery and add vinegar, water and salt. Heat to boiling, then simmer 2 hours.

—Mrs. McGregor, Vancouver.

Daily Pickles

- 2 quarts vinegar
- 2 quarts water
- $\frac{1}{2}$ cup salt
- $\frac{1}{2}$ cup mustard
- 2 cups brown sugar

Mix the mustard, salt and brown sugar with a little vinegar. Add water and vinegar and boil for 20 minutes. Cover kettle. Turn into 3 or 4 gallon crock. Cool. Each day pick the smaller cucumbers, clean well. Drop them into the brine until the brine will cover no more. Cover loosely and set aside for 3 or 4 weeks. These do not need sealing.

—Mrs. Gus Sigstad.

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Dill Pickle

- 2 tbsp. sugar
- 2 tbsp. salt
- 2 cups vinegar
- 2 cups water

Bring to boil. Pour over cucumbers in 2 quart jar. Fill jar up with boiling water.

—Mrs. Carl Schultz.

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Dill Pickles Without Vinegar

Put about a tsp. or two of mustard seed and some dill in the jars. Fill jars with layers of dill and cucumbers (cucumbers having been washed and soaked in cold water with a little salt added). Then cover with brine which has come to a boil made of $\frac{1}{2}$ cup salt, 7 cups boiling water. Pour on hot, seal and leave for two months. This does 2 $\frac{1}{2}$ gallon jars.

—Mrs. Walter Strome.

Dills

Soak cucumbers overnight. If large cut in pieces, half or quarters. Pack in sterilized sealers, with a piece of dill at the bottom and top. Bring to a boil:

- 3 cups white vinegar
- 9 cups water
- 1 small cup salt

Pour over cucumbers and seal tight. Do not use for 2 or 3 weeks. A few horseradish leaves may be added to each jar.

—Mrs. M. Culham.

—Mrs. V. Piatt.

—Mrs. J. Duguid, Sr.

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Tomato Chutney

- 10 lbs. tomatoes
- 1 lb. apples
- 6 oz. red peppers
- 6 oz. ground ginger
- 2 $\frac{1}{4}$ quarts vinegar
- 10 oz. salt
- 8 large onions
- 10 oz. raisins (optional)
- 1 $\frac{1}{4}$ lbs. ground sugar

Slice and chop fine, apples, tomatoes, peppers and raisins. Add salt, vinegar and allow to simmer 6 or 7 hours.

—Mrs. W. H. Sketchley.

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Ripe Tomato Chow

- 30 ripe tomatoes
- 5 or 6 heads celery
- 10 large onions
- 3 red peppers (optional)
- 5 tbsp. salt

Mince all fine. Add 2 lbs. brown sugar, 1 tbsp. mixed spice. Boil 3 hours.

—Mrs. L. R. Smith.

Green Tomato Pickle

- 8 cups green tomatoes
- 4 cups apples
- 4 cups onions
- 2 cups white sugar
- 1 tbsp. cinnamon
- 1 tsp. each, cloves and pepper
- 2 cups vinegar

Let tomatoes and onions stand overnight in brine (1 cup salt to 1 gallon of water). Drain. Add rest and cook until tender.

—Cal McIntosh.

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Whole Green Tomato Pickle

Peel tomatoes and boil until tender but not to lose shape in salted water. Drain. Make a sweet syrup with vinegar and brown sugar, adding stick cinnamon. Boil; add a clove stuck in each tomato, and let them come to a boil. Lift out in jars and pour over this syrup:

- 3 cups vinegar
- $\frac{2}{3}$ lb. brown sugar
- 1 cup water to
- 7 lbs. fruit

—Norma E. Graham.

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Pickled Cauliflower

Cut cauliflower into any shaped pieces desired. Put them into strong brine and leave 24 hours; then take out. Boil the brine and pour it on the cauliflower pickles scalding hot. Let it stand until next day and drain them out. Prepare a spiced, sweet vinegar. Pour on pickles boiling hot and seal.

—Mrs. Hare.

Mixed Pickle

- 2 lbs. green tomatoes
- 2 lbs. red tomatoes
- 2 red peppers
- 2 green peppers
- $\frac{3}{4}$ quarts of onions
- 1 medium cabbage
- 1 bunch celery

Chop fine. Add 4 tbsp. salt. Let stand overnight. Add 1 quart vinegar, 3 cups brown sugar. In a bag put:

- 1 stick cinnamon
- 1 tsp. whole cloves
- 1 tsp. dry mustard

Boil for 30 minutes; take out spice sack and seal.

—Mrs. T. Meiklejohn.

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Bread and Butter or Sweet Mixed Pickles

Cut equal quantities of cucumbers, cauliflower and onions. (Leave pickling onions whole) and let stand overnight in crock, sprinkled with salt.

DRESSING:

- 2 quarts white vinegar
- 1 quart water
- 3 cups white sugar (more if you like them sweet)
- 2 tsp. celery seed
- 2 tsp. mustard seed
- 1 tsp. tumeric
- $\frac{1}{2}$ tsp. alum
- 1 tsp. ginger

Pour over cucumbers, etc., and boil 5 minutes. Bottle hot.

—Helen MacMillan, Asquith, Sask.

Bread and Butter Pickles

- 6 quarts small cucumbers
- 1 quart small white onions
- 4 green peppers
- 1 sweet red pepper
- 1 cup table salt
- 9 cups water
- 2 quarts vinegar
- 4 cups white or brown sugar
- 1 tbsp. tumeric
- 1 tsp. mustard seed
- 1 tsp. celery seed

Wash all vegetables. Slice cucumbers and onions thin. Remove seeds and dice peppers. Make a brine of salt and water. Cool and pour over vegetables. Let stand overnight. Drain thoroughly. Combine vinegar, sugar and spices. Bring to boil and add vegetables. When thoroughly heated, pack in clean, hot jars and seal. About 6 quarts.

—Mina M. Jones.

—Viola Franke.

—Mrs. L. M. Millar.

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Spanish Pickle

- 4 green peppers
- 2 quarts green tomatoes
- 6 large onions
- 12 large cucumbers

Remove the seeds from the peppers and chop all ingredients fine. You can put them through the food chopper. Mix well. Add $\frac{1}{2}$ cup salt and let stand 1 hour. Drain. Add:

- 1 quart diluted vinegar
- 2 lbs. brown sugar
- 1 tsp. celery seed
- 1 tsp. mustard
- 1 tsp. tumeric powder

Boil for 1 hour and pour into hot jars. Seal.

—Mrs. W. H. Sketchley.

Cucumber and Onion Pickle

- 7 large cucumbers
- 5 onions
- 3 cups vinegar
- 1 cup water
- 3 cups white sugar
- $\frac{1}{2}$ cup flour mixed well in a little cold water
- $\frac{3}{4}$ tsp. of tumeric
- 1 tsp. ginger
- little red pepper

Peel, slice and take seeds out of cucumbers. Also slice onions. Sprinkle with salt and let stand overnight. In the morning, drain, put through a chopper or leave in slices. Boil vinegar and other ingredients 5 minutes. Add cucumbers and onions. Cook 10 minutes. Seal.

—Mrs. Art McEwen.

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Yum-Yum Pickles

- 6 quarts (approximately 6 lbs.) thickly sliced cucumbers ($\frac{3}{8}$ -inch thickness)
- 1 quart sliced onions
- 4 green peppers, cut in one-inch strips
- $\frac{1}{2}$ cup salt
- 4 quarts water
- 6 cups vinegar
- 6 cups sugar
- 1 tsp. tumeric
- 1 tsp. celery seed
- 1 tsp. mustard seed

Wipe cucumbers and slice without peeling. Slice onions and green peppers. Dissolve salt in water and pour over vegetables. Let stand 3 hours. Drain. Bring vinegar, sugar and spices to the boiling point. Add vegetables, and again allow to come to the boiling point. Pour into sterilized jars and seal. Yield 6 quarts.

—(Mrs.) Dorothy Bergthorson.

Sweet Pickle

- 1 dozen cucumbers
- 1 head cauliflower
- 2 lb. whole onions
- $\frac{1}{2}$ cup salt
- 2 quarts vinegar
- 1 tbsp. dry mustard
- 1 tsp. tumeric powder
- 1 cup flour
- 2 cups white sugar

Let cut cucumbers, onions and cauliflower stand in salty water overnight. Drain vegetables; make syrup of salt, vinegar, mustard, sugar, flour, and tumeric powder. Pour over vegetables and let simmer $\frac{1}{2}$ hour. Seal hot.

—Mrs. Charles Sunderland.

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Klondyke Pickles

- 12 large green cucumbers
- 6 large onions
- 1 tsp. currie powder
- $\frac{1}{2}$ tsp. tumeric
- 2 cups sugar
- $1\frac{1}{2}$ tbsp. flour
- 1 quart vinegar

Peel the cucumbers and slice thin. Slice the onions also. Place in separate bowls and sprinkle generously with salt and allow to stand overnight. Mix the currie powder and the tumeric with a little cold vinegar; add the sugar and remaining vinegar and bring to a boil. Add the well drained cucumbers and onions. Cook until they are tender; then add the flour mixed with a little cold vinegar. Let boil once more. Put into hot sterilized jars and seal.

—Mrs. W. L. MacKenzie.

Mixed Pickle

- 6 large green cucumbers
- chopped fine
- 1 small cabbage or cauliflower
- cut fine (cauliflower preferred)
- 6 large onions chopped fine
- 2 bunches of celery
- 2 small red peppers

Put all in kettle and cover with vinegar. Boil 15 minutes. Then add:

- 2 lbs. sugar
- 2 tbsp. flour
- 1 tbsp. mustard
- 1 tsp. salt
- 1 tsp. tumeric
- 1 tbsp. mixed spice in bag

Cook until thick. Taste to see if sweet enough.

—Jean Sage.

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Chunk Pickles

Slice cucumbers in rather thick slices, lengthwise or across as desired. Pour cold water over them and let stand overnight. Drain well and pack in hot, sterile jars. Fill to overflowing with following brine and seal:

- 1 pint white vinegar
- 1 pint water
- 1 cup white sugar
- $\frac{1}{2}$ cup salt (small)
- 1 tbsp. white mustard seed

Mix ingredients and heat to boiling point. Cook until sugar and salt dissolve. Pour over cucumbers and seal. Allow to stand before using.

—Cal McIntosh.

Aristocracy Pickle

- 1 quart large cucumbers
- 1 quart onions
- 2 green peppers
- 3 red peppers

Put above 4 ingredients through food chopper.

- 2 cauliflowers, separated into small flowerettes
- 1 quart small gherkins, left whole
- 1 quart small white onions, whole

Put the chopped and whole vegetables in a brine ($\frac{1}{2}$ cup salt to 1 quart of water. Let stand overnight. Drain well and add:

- $\frac{1}{2}$ gallon white vinegar
- $\frac{1}{4}$ lb. mustard seed
- $1\frac{1}{2}$ tsp. celery seed
- 6 cups brown sugar

Let mixture come to boil and very slowly add:

- $\frac{3}{8}$ cup flour
- $\frac{1}{4}$ lb. dry mustard
- $\frac{1}{2}$ tsp. tumeric

Mix these three into a thin paste with vinegar. Bring all to the boil again. Pack into sterilized jars and seal. Yield 8 quarts.

—Dorothy Bergthorson.



Sweet Cucumber Pickles

- 6 quarts sliced peeled cucumbers
- 7 large onions
- 1 green pepper

Sprinkle with salt and drain 3 hours.

- 1 quart mild vinegar
- 6 cups sugar
- 1 tsp. tumeric
- a few cloves

Boil a few minutes or until cucumbers are clear looking and seal. Is good in sandwiches.

—Mrs. Jessie E. Haggard.

Rhubarb Relish

- 2 quarts rhubarb cut fine
- 8 cups sugar
- 1 quart vinegar
- 1 quart onions
- 2 tsp. cinnamon
- 2 tsp. allspice
- 2 tsp. salt
- 2 tsp. pepper

Cook until thick.

—Jean Sage.



Ripe Cucumber Pickle

Peel cucumbers. Cut in half and remove seeds. Cut in pieces as desired. Soak in weak brine made of 3 tbsps. salt to 2 quarts water. Soak overnight and rinse. Make a syrup of:

- 2 cups of vinegar
- 2 cups water
- 2 cups sugar
- cinnamon stick

Boil cucumbers in syrup until transparent but not too soft. Seal hot.

—Mrs. Warlow.



Ice Pickle

Peel large or ripe cucumbers, put in ice water overnight. In morning wipe and slice lengthwise in about $\frac{1}{2}$ -inch slices and pack in sealers. Boil for 5 minutes:

- 1 quart white vinegar
- 1 cup white sugar
- $\frac{1}{4}$ cup salt
- 3 stalks of crisp celery and 3 slices of onions may be added

Pickles are ready for use in about 5 weeks.

—Mrs. Ed Karst.

Tomato Catsup

Cook tomatoes until soft, with three red peppers and 2 medium sized onions for each gallon tomatoes. Rub this through sieve and to each gallon pulp add the following ingredients:

- 2 tbsp. salt
- 1½ cups sugar (brown or white)
- 2 tsp. celery salt
- 2 tsp. ground mustard
- 1 pint vinegar
- 2 tsp. paprika
- 1 tbsp. allspice
- 1 tbsp. cloves
- 1 tbsp. cinnamon

Put ground spices in cloth. Can omit if desired. Cook all ingredients for 1 hour, except vinegar; then add vinegar and cook until thick. Seal in sterile jars.

—Mrs. Bert Payton, Victoria, B.C.

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Beet Relish

- 1 quart cabbage chopped fine
- 1 quart boiled beets cut fine
- 2 cups sugar
- 1 tbsp. salt
- 1 tsp. black pepper
- ¼ tsp. red pepper
- 1 cup grated horseradish

Cover with cold vinegar.

—Mrs. Robert Meiklejohn.

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Horseradish Pickle

- 1 cup grated horseradish
- 2 tbsp. white sugar
- ½ tsp. salt
- ¾ cup cold vinegar

To grated horseradish, add sugar, salt and vinegar. Mix well and seal in cold, sterilized jars.

—Mrs. Robert Meiklejohn.

Sweet Cucumber Pickle

4 quarts cucumbers
10 medium sized onions
Soak cucumbers several hours or overnight in cold water. Then slice and add onions sliced or cut fine. Sprinkle with scant ½ cup salt. Let stand 2 hours. Do not drain. Then add:

- 1 quart vinegar
- 3 cups white sugar
- 2 tsp. of mustard seed
- 2 tsp. celery seed
- 2 tsp. ginger
- 1 tsp. tumeric powder

Boil 3 to 5 minutes and bottle.

—Mrs. Earl Durant.

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Wonder Pickle

- 1 quart small whole onions
- 1 quart onions, chopped
- 1 quart cucumbers peeled and sliced
- 3 quarts cucumbers peeled and chopped
- 3 green peppers
- 3 red peppers

Let stand in brine overnight. (Brine: 2 tbsp. salt and water; very little water is needed.) Drain well. Boil the following:

- 3 pints vinegar
- 1 oz. mustard seed
- 1 oz. celery seed
- 5 cups white sugar

Then add:

- ½ cup flour
- ¼ cup mustard
- 1 tbsp. tumeric

Mix with a little cold water and vinegar. Boil 5 minutes. Add to first mixture. Boil a little longer. Add cucumber and onion mixture. Bring to boil. Bottle and seal.

—Mrs. Harry Brown.

Pickled Onions

Skin onions. Cover with salt and boiling water. Next day, repeat. The third day, drain and cover with cold spiced vinegar.

—Mrs. Paul Cowley.

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Ripe Tomato Pickle

(UNCOOKED)

3 pints tomatoes, peeled and chopped

1 cup chopped celery

4 tbsp. chopped red pepper

4 tbsp. chopped onion

2 cups vinegar

4 tbsp. salt

6 tbsp. sugar

6 tbsp. mustard seed

½ tsp. cloves

½ tsp. cinnamon

1 tsp. grated nutmeg

Mix ingredients and put in stone jar and cover. This should stand a week before using, but may be kept a year.

—Mrs. W. A. MacDonald.

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Lindberg Relish

(UNCOOKED PICKLE)

2 large cabbages

8 medium carrots

12 medium onions

2 red pepper

2 green pepper

Put vegetables through food chopper. Work in ½ cup salt and let drain well. Put in a crock and stir in 2 quarts strong vinegar, 2 tbsp. white mustard seed, 1 tbsp. celery seed and 6 cups sugar. (Mustard seed and celery seed not necessary if preferred without). This needs no cooking or sealing and can be used in about a week. Keeps indefinitely.

—Mrs. K. Reichert.

Rhubarb Relish

1 qt. rhubarb

1 qt. onions

2 cups brown sugar

1 cup vinegar

1 tbsp. salt

1 tsp. cloves

1 tsp. allspice

1 tsp. cinnamon

1 can tomatoes

Water if necessary. Simmer over a slow fire till cooked. Bottle in hot sterilized pars.

—Mrs. Norma Haggard.

—Mrs. D. E. Campbell.

★ ★ ★

Corn Relish

20 cups corn

14 cups chopped cabbage

4 cups chopped onion

2 cups chopped green peppers

1 sweet chopped red pepper

3 cups white sugar

4 cups white vinegar

4 cups water

3 tbsp. salt

Boil 20 minutes. Can hot.

—Mrs. Gus Sigstad.

★ ★ ★

"Quick as a Flash"

Beet Relish

Mix all together in kettle:

½ cup sugar

2 cups vinegar

2 cups chopped cabbage

1 cup chopped celery

1 cup chopped onion

2 sweet red peppers

1 tbsp. mustard seed

1 tbsp. celery seed

1 cauliflower

salt to taste

Cook 15 minutes or until tender. Add 2 qts. cooked chopped beets while still hot. Seal in jars.

—Mrs. Frank Ratz.

Beet Relish

Boil 20 minutes. Can hot.

- 1 qt. beets (finely chopped)
- 1 qt. cabbage (finely chopped)
- 2 cups sugar
- 1 tbsp. salt
- 1 tbsp. black pepper
- 1 cup vinegar
- 1 cup onion
- 1 cup grated horse radish may be used in place of 1 cup onion

Mix all together and bottle.

- Mrs. A. Wright.
- Mrs. Walter Reynolds.
- Mrs. Art McEwen.
- Mrs. Etta Sigstad.

★ ★ ★

Cucumber Relish

- 8 large cucumbers
- 4 onions

Put through food chopper. Sprinkle with $\frac{1}{4}$ cup salt. Let stand all night. Drain.

- $2\frac{1}{2}$ cup vinegar
- 2 cup hot water
- 3 cup white sugar

- $\frac{1}{2}$ cup flour
- 1 tsp. tumeric
- 1 tsp. ginger (optional)
- 1 tbsp. mustard

Pour over drained cucumbers and boil until clear. Seal hot.

- Mrs. Warlow.
- Mrs. H. A. Siemens.

★ ★ ★

Tomato Butter

- 10 lbs. ripe tomatoes

Pour over 1 pint vinegar and let stand overnight. Drain in colander. Add:

- 1 small qt. vinegar and 1 cup drained liquid
- 4 lbs. white sugar
- 2 tsp. salt
- $\frac{1}{2}$ tsp. red pepper
- 1 tsp. each allspice (whole) cinnamon and cloves

Cook 4 hours.

Remaining liquid can be made into catsup.

- Mrs. Keith Graham.

Beet Pickle

Cook and cut larger beets into three or four pieces. Put in jars. Leave about $\frac{1}{2}$ inch at top to allow juice to circulate.

Juice:

- 1 qt. vinegar
- 1 pint water
- 3 cups sugar
- a little pepper and salt

Boil about 3 minutes. Add to pickle.

- Mrs. Carl Schultz.

★ ★ ★

Chili Sauce

- 4 lbs. red tomatoes (peeled)
- $\frac{3}{4}$ cup ripe peppers (mixed)
- $1\frac{1}{2}$ cups onions (mixed)
- 1 cup celery (mixed)
- $1\frac{1}{2}$ cups white vinegar
- 4 tsp. salt
- $\frac{3}{8}$ cup sugar
- 1 tbsp. mixed whole spice
- 24 whole cloves
- $\frac{3}{4}$ cup water
- 2 sticks cinnamon

Chop the vegetables. Tie spices in a cheesecloth bag. Add with other ingredients. Cook slowly 2 to $2\frac{1}{2}$ hours stirring often. Red coloring may be added before bottling if desired. Bottle in sterilized jars and seal with parafin.

- Victory Krienke.

★ ★ ★

H.P. Sauce

- 1 peck ripe tomatoes (15 lbs.)
- 2 cups flour
- 1 tsp. red pepper
- 2 tsp. cloves
- 2 tsp. ginger
- 2 tsp. cinnamon
- 1 qt. vinegar
- 2 lbs. sugar
- 2 large tbsp. mustard
- $\frac{1}{2}$ cup salt
- 1 tbsp. tumeric

Skin tomatoes, boil and strain. Boil again for 20 minutes.

- Mrs. Norma E. Graham.

Chili Sauce

- 30 large tomatoes
- 6 white onions
- 6 peaches
- 6 pears
- 8 teaspoons mixed spice
- 3 green and 3 red peppers
- 2 tbsp. salt.
- 1 qt. vinegar (diluted half and half)
- 3 cups brown sugar

Boil three hours.

—Mrs. Ed. Karst.

★ ★ ★

Cranberry Catsup

Cook cranberries. Use juice for jelly. Put residue through sieve. To each 3 cups of cranberry pulp add 1 cup vinegar. Add 1 cup sugar to each cup pulp and vinegar (mixed).

For each six cups of sugar, pulp mixture add:

- 1 tsp. each cloves and salt
- 2 tsp. cinnamon
- ½ tsp. black pepper

Simmer until thick. Bottle.

—Mrs. K. Reichert.

Mustard Pickles

- 24 green cucumbers
- 3 heads cauliflower
- 6 qt. onions
- 3 qts. vinegar

Cut up. Stand overnight in salt water. Drain.

Prepare:

- 1 oz. celery seed
- ½ lb. ground mustard
- 4 cups sugar
- 1 cup flour
- ½ oz. tumeric

Mix with vinegar.

Scald 2 qts. vinegar and add to mixture. Pour over vegetables and cook for few minutes. Seal hot.

—Mrs. F. W. Graham.

★ ★ ★

Governor Sauce

Wash and slice tomatoes and onion real thin. Sprinkle with a half cup of salt and leave overnight. Then drain well. Add:

- 1 pint vinegar
- 1½ pints water
- 5 cups sugar
- 1 tsp. of cloves, allspice and cinnamon

Cook until tender. Seal hot.

—Mrs. Hazel McFarlane.

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E. L. (Ted) McGunigal, Manager

Puddings

Rhubarb John

1½ cups rhubarb cut into very small pices

- 1 egg
- 2 tsp. flour
- 1 cup sugar

Mix these together; then mix in rhubarb. Make a batter of:

- 1 cup flour
- ½ cup milk
- 2 tsp. butter
- pinch of salt
- 1 heaping tsp. baking powder

Put batter on top of rhubarb. Bake until done. Serve with whipped cream. Apples may be used instead of rhubarb.

—Mrs. A. Gilbertson.



Steamed Sponge Pudding

- butter size of an egg
- 4 tbsp. sugar

Mix same as for cake.

- 1 egg
- ½ cup cold milk
- pinch salt
- 5 tbsp. flour
- 1 tsp. baking powder

Grease pudding dish. Put any kind of jam in bottom. Steam for 1 hour but do not move steamer or pudding will fall.

—Mrs. A. Wright.



Apple Pudding

- Slice 5 apples in baking dish. Take
- ¾ cups flour
- ¾ cup brown sugar
- ½ cup butter
- pinch of salt

Rub together and sprinkle over apples. Place in oven to brown. Cover and bake 30 minutes.

—Victory Franke.

Spice Cream (Sherbet)

- 1 pkg. butterscotch pudding
- 2 cups milk
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- ¼ tsp. ginger
- ¾ cup cream, whipped
- 9 lady fingers
- 6 canned apricot halves

Mix butterscotch pudding with milk, cook over low heat, stirring constantly until mixture boils up once; remove from heat; add spices; cool to room temperature. then chill thoroughly. When ready to serve fold in ½ cup whipped cream. Split lady fingers in half and arrange in 6 sherbet glasses. fill with pudding. Garnish with remaining whipped cream and top with a drained apricot half. Very nice.

—Mrs. Felix Coppens



Suet Pudding

- 2 cups grated carrot
- 2 cups grated potatoes
- 2 cups flour
- 2 cups sugar
- 1½ cups raisins
- 1 cup currants
- ½ lb. peel
- 1 cup butter or 1½ cups chopped suet
- 1 tsp. each cloves, nutmeg, cinnamon
- 2 tsp. soda dissolved in grated potatoes
- 4 tbsp. molasses
- 1 tsp. vanilla and lemon
- 3 eggs

Steam until done. About 2 hours

—Mrs. Warlow

Aunt Betsy's Pudding

- 1 cup flour
- 1 tsp. baking powder
- 1 tbsp. sugar
- 2 tbsp. butter
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup milk

Roll dough rather thin and spread with finely chopped apples and sprinkle with $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ tsp. nutmeg and dot with butter. Roll as a jelly roll and pour the following sauce over it when in tin and bake.

- $\frac{1}{2}$ cup brown sugar
- 1 tbsp. flour
- pinch of salt

Add gradually 1 cup boiling water and 2 tbsp. butter.

—Mrs. J. S. Paterson.

★ ★ ★

Carrot Pudding

- 1 cup grated raw carrots
- 1 cup grated raw potato
- 1 cup flour
- 1 cup white sugar
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup currants
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ tsp. each cloves and cinnamon
- 1 tsp. soda dissolved in $\frac{1}{2}$ cup raw potatoes saved till the last and added last.

Boil for three hours.

—Mrs. Grace Durant.

★ ★ ★

Banana Pudding

Break up into small pieces, 3 cups of left over or broken cookies. Vanilla cookies are nice. Cut up 3 bananas. Add a very thin custard and stir well. Chill and serve with cream.

—Mrs. Barbara Spencer.

Raisin Dumplings

- 1 cup brown sugar
 - 1 tbsp. butter
 - $\frac{1}{2}$ cup raisins
 - 1 tsp. vanilla
 - 1 cup boiling water
- Put on and boil.

Mix:

- 1 tbsp. butter
- $\frac{1}{2}$ cup sugar
- 2 tsp. baking powder
- $\frac{1}{2}$ cup milk
- 1 cup flour

—Mrs. W. H. King.

★ ★ ★

Christmas Pudding

- 2 $\frac{1}{2}$ cups sifted flour
- $\frac{1}{4}$ tsp. soda
- 3 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{3}{4}$ cup chopped suet
- 1 cup molasses
- 1 cup raisins (floured)
- $\frac{1}{2}$ cup currants
- $\frac{1}{2}$ cup mixed peel
- 1 cup milk

Steam three hours.

—Mrs. John Pallister.

★ ★ ★

Orange Marlow (Dessert)

- 2 cups strained orange juice
- juice of half a lemon
- $\frac{1}{2}$ lb. marshmallows

Bring the juice to the boiling point; add marshmallows and stir until dissolved. Put in refrigerator or cold place until it sets. Serve with whipped cream on top.

—Mrs. W. F. Bates.

Carrot Pudding

- 1 cup grated potatoes
- 1 cup grated carrots
- 1 cup bread crumbs
- 1 cup raisins
- 1 cup brown sugar
- $\frac{3}{4}$ cup chopped suet
- 2 tbsp. sour milk

Sift:

- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ cup flour
- 1 tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. allspice

Mix in order. Steam for three hours.

—Mrs. John Pallister.



Aunt Rachel's Apple Pudding

Make a biscuit dough as follows:

- 1 cup flour
- 2 tbsp. butter
- 1 tbsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 tsp. sugar
- $\frac{1}{2}$ cup milk

Roll dough thin and spread with 1 cup or more finely chopped apples. Sprinkle with $\frac{1}{2}$ cup brown sugar and nutmeg. Dot with small bits of butter. Roll up like a jelly roll. Cut in thin slices and place (flat side up) in a greased baking dish. Pour over a sauce as follows:

Mix well:

- $\frac{1}{2}$ cup brown sugar
- 1 tbsp. flour
- dash of salt

Add 1 cup boiling water and stir until thick. Add 2 tbsp. butter. Pour this over the pudding and bake in a quick oven until brown. Serve with cream while still hot. Serves six.

—Mildred Johnson.

Thirty-Minute Pudding

- 1 cup flour
- $\frac{1}{3}$ cup white sugar
- 1 cup raisins
- 2 tsp. baking powder
- pinch of salt
- $\frac{3}{4}$ cup milk

SYRUP FOR PUDDING:

While you are mixing up the top ingredients boil together:

- 2 cups water
- 1 cup brown sugar
- 2 tbsp. butter
- 1 tsp. nutmeg

Put the batter in a pyrex or fire-proof dish and pour the syrup over it and cook 30 minutes. Serve with cream.

—Mrs. Winnie Graham.

—Mrs. Paul Braun.



Applesauce Pudding

- 3 cups sweetened applesauce
- 2 egg yolks
- $\frac{1}{3}$ tsp. grated lemon rind
- $\frac{3}{4}$ tsp. vanilla
- 2 egg whites
- $\frac{1}{8}$ tsp. salt
- 3 tbsp. brown sugar
- $\frac{1}{2}$ tsp. vanilla

Place applesauce in a bowl. Beat egg yolks, add lemon rind and the $\frac{3}{4}$ tsp. vanilla. Add to applesauce. Place mixture in a baking dish. Set dish in a pan of hot water and oven-poach in a very slow oven 300 degrees for 15 minutes. Make a meringue of the egg whites, salt sugar and the half tsp. of vanilla. Heap on the apple mixture, return to oven and bake ten minutes longer. Serve hot or very cold with cream. Yield: six servings.

—Mrs. Painchaud.

Carrot Pudding

- 1 cup ground raw carrots
- 1 cup ground raw potatoes
- 3 eggs
- 1 cup chopped suet
- salt
- 1 large cup sugar
- 2 tsp. allspice
- $\frac{1}{2}$ tsp. nutmeg
- 1 tsp. soda
- $\frac{1}{2}$ cup sour milk
- 1 cup flour
- 1 cup raisins
- 1 cup currants
- bit of peel

Steam $2\frac{1}{2}$ to 3 hours. Serve with brown sugar sauce.

—Mrs. Winnie Graham.

**Bread Pudding**
(STEAMED)

- 2 cups bread crumbs
- $\frac{1}{2}$ cup molasses
- 1 cup hot water poured on bread
- 1 cup flour
- 1 cup raisins
- $\frac{1}{2}$ tsp. soda
- 1 tbsp. melted butter
- 1 egg
- spices to taste
- milk if desired

Steam $1\frac{1}{2}$ to 2 hours. Good and inexpensive.

—Mrs. N. Dewhurst.

**Rice Pudding**

- $\frac{3}{4}$ cup rice
- $\frac{1}{2}$ cup raisins
- pinch of salt

Cook 10 minutes.

Beat 3 eggs with 1 cup sugar. Add $1\frac{1}{2}$ cups milk and 1 tsp. vanilla. Add rice and bake until custard is finished.

—Mrs. John Bodnard, Englefeld.

Half-Hour Pudding

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup raisins
- 2 tbsp. butter
- $\frac{1}{2}$ cup milk
- 1 cup flour
- 2 tsp. baking powder
- dash of salt

Mix as you would a cake. Put in greased loaf pan. Then mix together well:

- 1 cup brown sugar
- 2 cups boiling water
- pinch of salt
- $\frac{1}{4}$ tsp. nutmeg

Pour this over the cake mixture and bake $\frac{1}{2}$ hour.

—Mary McMillan.

**Hard Sauce**

- 3 tbsp. butter
- 9 tbsp. powdered sugar
- $\frac{1}{2}$ white of egg
- $\frac{1}{2}$ tbsp. cream
- nutmeg

Cream the butter and add sugar gradually. When light and creamy add the unbeaten white of egg and the cream, a drop or two at a time. Season highly. Heap on a serving dish and cool. Four servings.

**Bavarian Cream Dessert**

$\frac{1}{2}$ pkg. plain gelatin soaked in 1 cup water; 1 pint canned pineapple; drain off juice; add 1 cup sugar and bring to boil; take off stove; add gelatin; when partly cold, add pineapple pulp and 1 cup of blanched almonds (chopped) when the mixture begins to harden. Add 2 cups of whipped cream. Set away in molds.

—Mrs. C. D. Benson.

Caramel Pudding

- 3 cups boiling water
- 1 tbsp. butter
- 1 cup brown sugar
- 1 tsp. vanilla
- $\frac{1}{4}$ tsp. salt

Place in pan and boil on top of stove while preparing batter

BATTER:

- $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ cups flour
- 1 tsp. baking powder
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ tsp. salt

Drop by tsp. in boiling sauce. Cook for 5 minutes; then place in oven to brown.

—Mrs. K. Reichert.



Lemon Pudding

(SOUFFLE)

- 2 tbsp. butter
- $\frac{3}{4}$ cup sugar
- juice of 1 lemon
- grated rind of $\frac{1}{2}$ lemon
- 1 cup milk
- 2 tbsp. flour
- 2 eggs

Cream butter; add sugar gradually. Add well beaten egg yolks, flour, lemon juice and rind. Mix well. Add milk and fold in stiffly beaten egg whites. Bake in slow oven about 45 minutes. Serve cold.

—Mrs. R. E. Meiklejohn.



Pineapple Pudding

To the juice of a can of drained pineapple (crushed) add 1 cup sugar, 1 heaping tbsp. flour, 2 eggs beaten, 2 tbsp. butter. Cook until thick. After cooled add 1 cup whipped cream and 2 or 3 sliced bananas; also the crushed pineapple.

N.B.—May be made with a quart of raspberries instead of the pineapple.

—Mrs. Herb. Lang, Cloverdale.

Carrot Pudding

- 1 cup brown sugar
- 1 cup beef suet
- 1 cup seedless raisins
- 1 cup currants
- 1 cup raw carrots
- 1 cup raw potatoes
- $\frac{1}{2}$ cup molasses
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 tsp. salt
- 1 tsp. soda
- 2 cups flour

Put suet, carrots and potatoes through food chopper; add sugar, fruit, molasses and spices, flour last. Dissolve soda in warm water and add. Steam three hours. Serve with sauce.

- 2 cups icing sugar
- 2 tbsp. melted butter and enough milk to make creamy, vanilla flavoring and beat all a few minutes.

—Mrs. E. M. Sigstad.



Honey Gingerbread

- $\frac{1}{4}$ cup shortening
- $\frac{1}{2}$ cup honey
- 2 eggs
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ tsp. ginger
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ cup molasses
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ cup hot water

Cream shortening, add honey. Beat eggs well and blend into the creamed mixture. Sift flour once then sift with the soda, baking powder, salt and ginger; add to the first mixture alternately with molasses and hot water mixed together. Place in a greased pan and bake in a moderate oven 45 minutes. Serve as a dessert topped with whipped cream.

—Mildred Johnson

Blanc Mange or Cornstarch Pudding

- 3 tbsp. cornstarch
- 2 cups milk
- 1 tsp. vanilla
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ cup sugar

Dissolve cornstarch and salt in a little of the milk. Heat the rest of the milk in the double boiler. Add the sugar to the milk. When milk is hot add the dissolved cornstarch, stir until thickened; then cook 15 minutes. Add flavoring and allow it to cool. Serve it with cream, jelly, jam or custard sauce.

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Plain Rice Pudding

- 1 cup scalded milk
- $\frac{1}{2}$ tbsp. butter
- 1 egg
- 2 tbsp. sugar
- $\frac{1}{8}$ tsp. salt
- 1 cup steamed rice
- $\frac{1}{4}$ cup stoned raisins

Scald the milk and add butter. Beat the egg; add the sugar and salt, and pour on the scalded milk slowly. Pour into a buttered pudding dish with rice and raisins. Bake in a slow oven (325) until the custard is set. Serve with hard sauce. Three servings.

—Mrs. G. Cameron.

★ ★ ★

Cream of Rice Pudding

- 2 tbsp. rice (well washed)
- 2 tbsp. sugar
- grated rind of $\frac{1}{4}$ lemon
- $\frac{1}{4}$ tsp. salt
- 1 pint milk

Mix all ingredients in a small baking dish. Bake 2 hours, slowly at first until rice is softened and thickened in the milk. Cut the crust several times, stirring to the bottom gently. The crust will then dissolve in the pudding giving it a creamy color. Then let it brown slightly. Three servings.

—Mrs. G. Cameron.

Steamed Pudding

- $1\frac{1}{2}$ cups flour
- scant tsp. salt
- 1 tsp. baking powder

Sift dry ingredients 3 times. Mix enough butter to make it richer than pastry then wet with sweet milk. Roll out thinner than for biscuits. Then spread left over berries, raspberries preferred. Add a little nutmeg; then roll and steam for 25 minutes on a hot fire. Serve with cream.

—Mrs. Don Metcalf.

★ ★ ★

Apple Oatmeal Crisp

- 4 tbsp. butter or margarine
- $\frac{1}{2}$ cup corn syrup
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup quick cooking oatmeal
- 5 large tart apples

Cream margarine; add corn syrup and sugar, creaming well. Add salt and oatmeal. Peel apples, core, slice. Place in baking dish; top with first mixture. Bake in moderate oven (350) 1 hour. Serve hot.

—Joy Reid, Los Angeles, Calif.

★ ★ ★

Apples in Bloom

- 1 cup flour
- 2 tsp. baking powder
- pinch of salt
- $\frac{3}{4}$ cup sugar
- 1 egg
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups sliced apples
- cinnamon
- 3 tbsp. butter
- $\frac{1}{2}$ cup brown sugar

Mix flour, baking powder, salt, sugar, egg and milk. Beat for 2 minutes. Pour into a shallow pan. Top with apples and sprinkle with spice. Mix butter and brown sugar and spread on top. Sprinkle with spice. Bake in a moderate oven 25 minutes. Serve warm with plain or whipped cream.

—Lois Kerr.

Baked Apple Supreme

3 large apples, preferably red
 1½ cup sugar
 1 cup water
 2 tsp. lemon juice
 3 tbsp. mincemeat or jam

Wash apples and cut in half cross-wise; scoop out core, being careful not to break the skin. Boil sugar and water 5 minutes, then add lemon juice. Arrange apples in shallow baking dish. Fill centre of each with mincemeat or jam and pour syrup over all. Cover and bake in moderate oven, 350, until tender, about 25 minutes. Remove the apples to serving dishes and boil syrup until slightly thickened. Pour over apples and chill. Yield: six servings.

Banana Pudding

6 good sized bananas
 strawberry or raspberry jam
 bread and butter
 1½ cups milk
 1 egg yolk
 sugar

Line pie dish with thin slices of bread and butter, shaping up sides so that dish is evenly covered. Fill up dish with bananas, cut length-wise, spreading jam on each slice. Beat egg yolk thoroughly, adding a little sugar, and mix in milk. Pour this mixture over bananas and jam. Cover with thin layer of bread and butter and sprinkle sugar on top. Bake in moderate oven 30 minutes.

--Mrs. Painchaud.

--Mrs. Irene Hawksley.

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Salads & Salad Dressings

Salmon Salad

- 4 ripe tomatoes
- 1 large tin salmon
- 1 cup celery chopped fine
- $\frac{1}{2}$ cup salad dressing
- $\frac{1}{2}$ cup sweet pickle juice

Drain and flake salmon. Add chopped celery. Combine salad dressing and pickle juice and add to first mixture. Cut tops off tomatoes and hollow. Fill with salmon mixture. Top with olive.

—Mrs. N. E. Murtaugh.

★ ★ ★

Jellied Salad

1 pkg. orange jelly powder
Dissolve jelly with one cup boiling water. Let stand until jelly has begun to set. Whip until very fluffy and light. Mix in 1 lb. cottage cheese. Pour into mould to jell; turn out on lettuce and serve with salad dressing.

—E. M. Hill.

★ ★ ★

Golden Glow Salad

- 1 pkg. lemon jello
- 1 cup boiling water
- 1 cup canned pineapple juice
- 1 tbsp. vinegar
- $\frac{1}{2}$ tsp. salt
- 1 cup canned pineapple diced and drained
- $\frac{1}{2}$ cup walnuts

Dissolve jello in boiling water; add pineapple juice, vinegar and salt. Chill. When slightly thickened add pineapple and nuts and turn into molds. Chill until firm; unmold on crisp lettuce. Garnish.

—Mrs. F. S. Hare.

Jellied Pineapple Salad

- 1 pkg. lemon jello
- 1 cup hot water
- 1 cup pineapple juice
- 1 diced pineapple (1 can crushed pineapple)
- 2 tbsp. vinegar
- 1 cup grated raw carrot
- $\frac{1}{2}$ cup nuts (optional)
- $\frac{1}{2}$ tsp. salt

Dissolve jello in water; add pineapple juice, vinegar and salt; when cool add pineapple and carrots; unmold on lettuce.

—Mrs. M. L. Sanderson.

★ ★ ★

Fruit Salad

Cook the juice from 1 lemon and 1 can of diced pineapple; $\frac{1}{2}$ cup sugar, 1 egg beaten; 1 dessert spoon of cornstarch (dissolved in water). Pour cooked mixture over diced pineapple, chopped apples, chopped walnuts, chopped bananas and oranges, if desired. Cool and let set. Serve on a lettuce leaf with whipped cream.

Note: Jelly powders may also be used in place of cooked mixture.

—Viva Duguid.

★ ★ ★

Salmon Salad

- 1 can salmon
- 1 cup diced celery
- $\frac{1}{2}$ cup diced raw carrot
- 2 cups diced apple
- 2 hard boiled eggs
- $\frac{1}{2}$ cup salad dressing

Mix ingredients lightly and serve on lettuce leaves. Serves six.

Mrs. M. G. Sigstad.

Fruit Salad

1 cup oranges cut fine
1 cup pineapple cubed
1 cup celery chopped fine
1 cup marshmallows cut fine
 $\frac{1}{2}$ cup maraschino cherries
 $\frac{1}{2}$ cup cream, whipped
 $\frac{1}{2}$ cup salad dressing

Whip cream and blend in dressing. Add fruit mixture. Serve on lettuce leaf; add garnish with whipped cream. Top with cherry.

--Mrs. Barbara Spencer.

★ ★ ★

Cold Chicken or Tuna Mousse

Beat well 3 egg yolks. Combine with 1 cup chicken stock (for chicken) or 1 cup milk for tuna. Season with $1\frac{1}{4}$ tsp. salt and few grains paprika. Cook in double boiler, stirring constantly until thickened. Have ready $1\frac{1}{2}$ tbsp. gelatin soaked in 4 tbsp. (extra) cold stock or milk. Add gelatin to hot custard; stir until dissolved; then allow to set until thick as honey. Into $\frac{1}{2}$ cup of thick salad dressing fold $\frac{1}{2}$ cup of heavy cream whipped and combine with mixture. Add 1 cup of diced chicken or flaked tuna with $\frac{1}{4}$ cup chopped celery, and, if desired $\frac{1}{3}$ cup chopped almonds, choose for flavor, and add 3 tbsp. chopped pimentos and green pepper, mixed or 2 tbsp. chopped pickle. Turn the mixture into wet individual molds, put in a cold place, set and chill. Unmold on lettuce or cress and garnish. Sliced cucumber or cucumber jelly is delicious with tuna, and a tart red jelly with chicken mold.

—Marguerite C. Packham,
Wynyard, Sask.

24-Hour Fruit Salad

juice of one lemon
pinch salt
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup sweet cream
yolks of 4 eggs

Beat egg yolks until light and creamy; add other ingredients and cook, just until thick. Cool and add 1 cup whipped cream. Drain thoroughly and dice 1 tin sliced pineapple (never used crushed). Add 20 marshmallows cut fine and $\frac{1}{2}$ lb. blanched almonds (if desired). Mix with dressing and let stand 24 hours before serving.

—Mrs. A. G. Bates.

★ ★ ★

Mayonnaise Dressing

4 tsp. mustard
8 tsp. sugar (may be omitted)
1 tsp. salt (add more if desired)
yolks of 2 eggs
 $1\frac{1}{2}$ cups of olive oil or salad oil
2 tbsp. vinegar
2 tbsp. lemon juice (optional)

Have all ingredients and utensils thoroughly chilled (as cold as possible). Mix the dry ingredients, add to beaten egg yolks and mix thoroughly. Add a few drops of oil at a time until half a cup is used, beating with egg beater or wooden spoon. Then add alternately a few drops of vinegar and lemon juice and the remainder of the oil, taking care not to lose the stiff constituency. If the dressing curdles, take another egg yolk and add the curdled mixture to it slowly.

—E. Cameron.

Salad Dressing

- ½ cup sugar
- 1 tsp. mustard
- 1 tsp. salt
- dash of red pepper
- 1 tbsp. butter
- 2 tbsp. flour
- 2 beaten eggs
- 1 cup water
- 1 cup vinegar

Mix in order given and cook in double boiler. Thin out with sour cream if desired.

—Mrs. M. G. Sigstad.

★ ★ ★

Salmon Salad

- 1 ripe tomatoes
- 1 large tin salmon
- 1 cup celery chopped fine
- ½ cup salad dressing
- ½ cup sweet pickle juice

Drain and flake salmon. Add chopped celery. Combine salad dressing and pickle juice and add to first mixture. Cut tops off tomatoes and hollow. Fill with salmon mixture. Top with olive.

—Mrs. N. E. Murtaugh.

★ ★ ★

Emerald Salad

- 1 pkg. lime Jello
- 1½ cups hot water
- ¼ cup vinegar
- 1 tsp. salt
- ¾ cup sliced stuffed olives
- 1½ cups finely chopped celery

Dissolve Jello in hot water. Add vinegar and salt. Chill until slightly thickened. Fold in olive and celery. Turn into ring mold. When firm, unmold. Fill centre with mayonnaise, if desired. Serves 8.

—Mrs. Felix Coppens.

Salad Dressing

- 2 eggs
- 2 tsp. mustard
- 1 tbsp. salt
- 6 tbsp. flour
- 2 tbsp. butter
- ¾ cup white sugar
- 1½ cups vinegar
- 2 cups milk

Beat eggs and sugar. Add butter, salt, flour and mustard. Then add vinegar and milk. Boil until thick. Canned milk or sour cream can be used. This makes a quart of dressing.

—Mrs. Andrew Tait.

★ ★ ★

French Dressing

- 2 tbsp. vinegar
- 6 tbsp. olive or salad oil
- 1 tsp. salt
- ¼ tsp. pepper

Mix all ingredients thoroughly and pour over salad just before serving. More vinegar may be added if desired.

—E. Cameron.

★ ★ ★

Fruit Salad Dressing

- ¼ cup sugar
- 1 tbsp. flour (optional)
- ½ tsp. salt
- 1 egg
- ½ cup mild acid eg. juice of one lemon and 1 orange or juice of 1 lemon and pineapple juice to make ½ cup

Combine sugar, flour and salt; add beaten eggs and beat thoroughly. Cook over hot water until very thick. Fold in stiffly whipped cream before adding to salad.

—Mrs. Barbara Spencer.

Winter Salad

- 3 cups chopped cabbage
- 3 cups chopped cauliflower
- 3 cups chopped ripe cucumber
- 3 cups chopped green tomatoes
- 3 cups chopped onions
- 1 tbsp. dry mustard
- 1 tsp. tumeric powder
- 2 cups chopped celery, optional
- 1 cup salt
- 8 cups vinegar
- 1 cup flour
- 3 cups brown sugar
- 1 tsp. celery seed
- 2 cups cold water

Put all vegetables through food chopper and let stand overnight. In morning cook ten minutes. Mix other ingredients to a paste, heat vinegar and mix with paste; then mix well with vegetables; let simmer 3 minutes and bottle.

—Mrs. Chas. Sunderland.

Thousand Isle Dressing

- 1 cup mayonnaise
- $\frac{1}{4}$ cup chopped olives
- $\frac{1}{4}$ cup chopped sour pickles
- $\frac{1}{8}$ cup chopped onion
- $\frac{1}{4}$ cup chopped parsley

The latter may be added if desired or 1 tsp. green pepper or 1 tsp. chili sauce.

—E. Cameron.



Salad Dressing, uncooked

Mix together 2 well beaten eggs. 2 tsp. mustard, 1 small tsp. salt, add one can Eagle Brand milk, mix well; then stir in $\frac{1}{2}$ cup lemon juice (or $\frac{1}{2}$ cup vinegar and juice of one lemon), 1 tbsp. melted butter. Keep in quart jar in cool place.

—Mrs. H. Brown.

—Florence Troop.

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Salad Dressing

- ¾ cup sugar (scant)
- 2 tbs. flour
- 2 tsp. salt
- 2 tsp. mustard
- 2 eggs, beaten
- 1 cup vinegar (white)
- 2 cups milk (may substitute 1 cup water)

Add eggs to dry ingredients; add vinegar, stirring constantly; add milk; and stir constantly while cooking.

—Mrs. A. Small.

—Mrs. Ivan Smith, Delisle.

—Mrs. T. Drury, Barrie, Ont.

★ ★ ★

Salad Dressing

- 4 eggs well beaten
- 1 cup brown sugar
- 1 tbs. flour
- ¼ tbs. mustard
- ¼ tsp. salt
- 1½ cups vinegar

Mix flour and mustard together with a little water; stir into the eggs and sugar, add salt. Stir all this into the boiling vinegar and stir till thick. Put in a glass jar. Thin with a little cream before using.

—Mrs. D. E. Campbell.

Salad Dressing

- ½ cup sugar
- 1 tsp. mustard
- 1 tsp. salt
- dash of red pepper
- 2 tbs. flour
- 2 beaten eggs
- 1 cup water
- 1 cup vinegar
- 1 tbs. butter

Mix in order given and cook in double boiler. Thin out with sour cream if desired.

—Mrs. M. G. Sigstad.

★ ★ ★

Thousand Island Dressing

- 1 cup mayonnaise
- 4 tbs. chili sauce
- 3 tbs. catsup
- 1 tbs. vinegar
- 2 tbs. chopped green pepper
- ½ tsp. salt
- 1 tbs. chopped red pepper
- 1 tsp. paprika
- ½ tsp. celery salt and onion seasoning

Add ½ cup chopped olives. Mix all ingredients and add to mayonnaise.

Mrs. J. P. McRee.

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TARTS

Pecan Tarts

- 1 cup milk
- 1 cup brown sugar
- 2½ tbsp. flour
- 2 tbsp. fat
- ¼ tsp. salt
- 2 eggs lightly beaten
- ½ cup whole pecan meat (48)
- ½ cup hot water
- 1 tsp. vanilla
- ½ cup cream whipped with 1
tbsp. powdered sugar

Prepare medium thick syrup by boiling sugar and water together. Set aside. Add flour and salt to eggs. Add milk and mix well. Cook mixture in double boiler until thick stirring constantly. To this add half the brown sugar syrup and the fat. Remove from fire. Add vanilla and cool. Fill each tart shell and place 4 pecan meats on top. Glaze top with remaining syrup. Decorate with sweetened, whipped cream.

TART SHELLS

Sift 1½ cups flour with ½ tsp. salt; cut in ½ cup fat (lard) to the size of peas. Add from 4 to 6 tbsp. cold water. Roll pastry ⅛ inch thick on floured board. Cut in small rounds; put in muffin tins. Prick well with fork to insure perfect shape shells. Bake 10 to 15 minutes in hot oven (450).

—Mrs. Felix Coppens.



Lemon Filling For Tarts

- ¼ pound butter
- 2 large cups sugar
- 4 eggs
- rind and juice of two lemons

Mix altogether; cook in double boiler until mixture looks like honey. Use at any time, in baked tart shells. This keeps well.

—Mrs. Leary.

Chocolate Cream Chiffon Tarts

Fill baked tart shells with the following and chill:

- 2 squares melted chocolate
- ½ cup boiling water
- 1 pkg. gelatin
- ¼ cup cold water
- 4 egg yolks
- ½ cup sugar
- ¼ tsp. salt
- 1 tsp. flavoring
- ½ cup sugar
- 4 egg whites

Soften gelatine in cold water. Blend chocolate and egg yolks, beaten with ½ cup sugar. Stir in salt and flavoring. Blend. Beat ½ cup sugar into egg whites. Stir lightly into chocolate mixture.

—Mrs. S. Fulop.



Red Apple Tarts

- 6 medium apples
- 1 cup water
- ¾ cup sugar
- a few drops red coloring
- 6 baked pastry tart shells

Peel and core apples. Boil the sugar and water 2 minutes. Add red vegetable coloring. Simmer apples in syrup until bottom half is cooked, turn and cook until whole apple is tender. Drain and place an apple in each tart shell. Boil syrup 3 minutes longer, cool and pour over apples in tart shells. Serve with whipped cream. Yield six servings.

—Mrs. J. Painchaud.

Lemon Curd

juice and rind of 3 lemons
1 cup sugar
3 eggs (well beaten)
 $\frac{1}{4}$ lb. butter

Cook in double boiler, stirring occasionally until thick. Bottle in sealer. Use as desired.

—Margaret Graham.

—Mrs. A. E. Howson.

★ ★ ★

Butter Tarts

1 egg
1 cup brown sugar
1 cup raisins or currants
nutmeg or vanilla to flavor
butter the size of egg

Beat well and bake in tart shells.

—Mrs. T. Meiklejohn.

—Mrs. A. Holt

—Mrs. L. M. Jennett.

★ ★ ★

Honey Tarts

3 tbsp. butter
 $\frac{3}{4}$ cup honey or syrup
2 eggs
 $\frac{1}{4}$ tsp. vinegar
1 tsp. vanilla
1 cup raisins

Cream butter and blend in honey. Beat and add in eggs. Add remaining ingredients. Line medium tart tins with rich pastry and fill $\frac{3}{4}$ full with mixture. Bake in hot oven (450) for 8 minutes to set paste. Lower heat to moderate (350) and continue baking for 18 minutes.

—Miss Annie Hanke, Middle Lake.

Butter Tarts

$\frac{1}{3}$ cup butter
1 cup sifted brown sugar
2 tbsp. milk or cream
 $\frac{1}{2}$ cup currants
1 egg (beaten)
1 tsp. vanilla

Mix ingredients together and place spoonfuls of the mixture in patty tins which have been lined with rich pastry or cookie dough. Bake in a hot oven (450) for 8 minutes, reduce temperature to (350) and bake until pastry is delicately browned.

—Mrs. Murray Graham.

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Timetable For Boiling Vegetables

1. Wash thoroughly.
2. Let stand in cold water if wilted or to keep from discoloring.
3. Pare, brush or scrape, according to kind.
4. To preserve vitamins and minerals, vegetables should be cooked with as little water as possible; about $\frac{1}{4}$ cup of water or less to 1 cup of vegetables.
5. Green vegetables should be cooked uncovered.
6. Mild flavored vegetables should be steamed or cooked in just enough boiling water to prevent burning so that none of the juice need be discarded.
7. Strong flavored vegetables should be cooked uncovered in a larger amount of water. The flavor will thus be milder and the odor less pronounced while cooking.
8. Add salt when vegetables are nearly cooked.
9. If the water is actually boiling when the vegetables are put into it, and if kept boiling gently, considerable time is saved.
10. Overcooking vegetables injures their flavor and makes them tough and hard to digest.

General Rules For Cooking Vegetables

Best rule is to taste. A vegetable is done when it is tender, but not

soft and flabby. When done, stop the cooking process at once.

Timetable For Cooking Vegetables

Vegetable	Minutes	Vegetable	Minutes
Asparagus	15 to 25	Peas, fresh	10 to 20
Beans, dried, soaked, navy		Potatoes (whole)	35 to 60
kidney	90 to 120	Spinach	5 to 10
Beans, fresh and lima	20 to 30	Squash (summer)	15
Beets:		Swiss Chard:	
Young	30 to 45	Leaves	10
Mature	60 to 90	Stalks	30
Greens	10 to 15	Tomatoes:	
Cabbage:		Green	20 to 35
Quartered	10 to 15	Ripe	10 to 20
Shredded	5 to 10	Turnips	15 to 20
Carrots	10 to 25	Note: For steaming time, increase the boiling time by 20 to 30 per cent.	
Corn on the cob	8 to 12	For baking time, increase the boiling time by 75 to 100 per cent.	
Onions (whole)	30 to 40		
Parsnips (whole)	20 to 30		
Peas, dried, soaked	30 to 60		

TEMPERATURE CHART

Degrees	Term	375 to 400,	moderate hot oven
275 to 325	slow oven	400 to 450	hot oven
325 to 375	moderate oven	450 to 500	very hot oven

Hints For Cooking Vegetables

1. Glaced carrots or parsnips: Boil until tender but not too soft; then fry or bake in brown sugar and butter.
2. Shred carrots on a fine grate and cook slowly in milk. (Simmer. Do not boil.) Season to taste.
3. Try baking squash or marrow stuffed with a meat filling or an ordinary stuffing.
4. Bake potatoes. Remove inside and add a well beaten egg white return to potato shell and then Brown slightly.
5. Potatoes au Gratin: Cube boiled potatoes. Cover with white sauce. Place buttered cracker or bread crumbs on top. Bake until golden brown. Grated cheese may be added to the white sauce if desired.
6. Baked Tomatoes: Remove pulp, season; add cracker crumbs and a little chopped onion or mix pulp and corn and sprinkle crumbs on top. Bake 20 to 30 minutes in moderate oven.
7. Baked Cauliflower and Macaroni: Cook separately and drain. Place a layer of crumbs, then alternate layers of cauliflower and macaroni. Pour white sauce with cheese added over the layers. Top with crumbs and brown in oven.

★ ★ ★

White Sauce

- 2 tbsp. flour
1½ tbsp. butter
½ tsp. salt
1 cup milk
pinch of pepper

Bring to boiling point and cook until thick.

—Mrs. H. Karach.

Hot Corn Dish

- 1 cup thick white sauce
½ quart corn
brown bread crumbs

Add corn to sauce. Place a layer of bread crumbs in bottom of greased dish, pour over corn and sauce mixture; then place remainder of bread crumbs on top. Dot with butter and bake in moderate oven for 15 minutes or until brown.

★ ★ ★

Flemish Carrots

- 9 young carrots
2 tbsp. butter
¼ cup thick cream
½ tsp. sugar
½ tsp. salt
½ tsp. chopped parsley

Clean carrots. Slice lengthwise. Place butter, sugar, parsley and salt in pan. Keep turning and cook until tender. Drain off surplus butter. Add cream. Serve real hot.

—Alice Hackman, Winnipeg.

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Butterscotch Marrow

- 1 large vegetable marrow
- 2 cups brown sugar
- 2 tbsp. vinegar
- 2 tbsp. butter
- $\frac{1}{4}$ tsp. salt

Peel the marrow and remove the seeds. Cut in fairly small pieces and cook in the smallest amount of water possible, until it is very tender, then drain well.

Put the brown sugar into a large heavy skillet and heat gently, shaking the pan so that it won't scorch. Cook until it melts, then add the vinegar and butter and blend them in well. Add the marrow to this, turning and stirring it until it is well coated, then chill and serve.

★ ★ ★

To remove chewing gum from clothes, take a piece of ice and hold over gum for a few minutes; then brush off the gum.

★ ★ ★

To remove rust, rub over the spot with lemon juice and put over steam for a few minutes.

Cooked Red Cabbage

- 1 medium cabbage, sliced
- 1 apple, cored and sliced
- 2 onions, sliced
- 1 tbsp. sugar, or more
- 2 tbsp. vinegar
- 2 tbsp. bacon fat
- 1 cup water

Cook until tender. Add fried pieces of bacon and serve.

—Mrs. Gus Sigstad.

★ ★ ★

Cranberry Jelly

- 4 cups cranberries
- 1 cup water
- 2 cups sugar

Pick over and wash cranberries. Cook with water until skins burst. Press through a strainer. Add the sugar and stir until it is dissolved. Stop stirring and cook 5 minutes or until it jells. Pour into molds or glasses which have been wet with cold water. Set away to cool.

★ ★ ★

To remove paint from glass, rub with hot vinegar.

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White Sauce

THIN:

- 1 cup milk
- 1 tbs. fat
- 1 tbs. flour

Use: Cream soups.

THICK: *Medium*

- 1 cup milk
- 2 tbs. fat
- 2 tbs. flour

Use: Creamed vegetables and sauces.

THICK:

- 1 cup milk
- 3 tbs. fat
- 3 tbs. flour

Use: Gravies, sauces, souffles.

VERY THICK:

- 1 cup milk
- 4 tbs. fat
- 4 to 5 tbs. flour

Use: Binding croquettes.

Brine to Cure Meat

For 100 lbs. meat, take 14 lbs salt, 4 lbs. brown sugar and $2\frac{1}{2}$ oz. saltpetre. Half this mixture is rubbed into the meat before packed into the barrel. (Be sure to have skin side up.) Next take other part of mixture and boil in 8 gallons water. Let cool and pour onto meat.

It takes 2 days per pound for pieces of shoulder and hams; 1 day per pound for bacon. When taken out of brine, wash off and dry one day before smoking.

—Mrs. Joe Hanke, Middle Lake.

★ ★ ★ Wallpaper Cleaner

- 1 cup flour
- $\frac{1}{2}$ cup boiling water
- 1 tbs. coal oil
- 2 tbs. vinegar
- 2 tbs. salt

Cook well stirring constantly. Knead as bread. Cool.



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TESTS FOR MEATS

Beef is light to medium red in color, fine grained and of firm texture. The meat is well mottled or marbled with creamy white fat and has a good outer covering of same kind of fat. The surface is smooth and velvety in appearance.

Veal is pinkish with firm, white fat, fine grained and tender.

Lamb has a rich, pinkish-red color, fine grained, firm and velvety in texture. A fair covering

and some mottling of fat insures good flavor. The bone of young lamb is porous and red.

Mutton is grayish or brick red in color, fine grained, firmer than lamb, and has a rather thick outer covering of brittle white fat. The bones are larger than lamb and are very white and flintlike.

Pork should have a firm, pinkish white flesh with firm, clear, white fat.



COOKING METHODS

The objective points in different methods of cooking may be summarized as follows:

- 1) to retain the juice as in baking broiling, boiling and frying.
- 2) to extract the juice as in soup making.
- 3) to extract and retain the juice as in preparation of stews.

BROILING: At first the temperature should be sufficiently high, then modified to retain juices. Beef and mutton require less time than lamb, chicken, or game. When cooked too long, meat loses its moisture, shrinks and becomes tough.

ROASTING: Should be roasted at

a constant temperature (300 to 325 degrees) resulting in less shrinkage. Place fat side up in roaster. Do not add water.

Effects of hot and cold water: In soups, broths and stews the meat is first put into cold water and gradually brought to a higher temperature. Hot water toughens meat and makes it indigestible.

Meat is hardened and toughened by dry heat and high temperatures. Cooking at low temperatures in moist heat softens meat. Pork should be thoroughly cooked until pink coloring in flesh has disappeared.

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Soap

- 6 lbs. fat
- 2 tins lye
- ½ lb. resin
- 8 oz. borax
- 16 quarts soft water

Put all ingredients into boiler except lye. When hot add the lye. Boil thoroughly. Cool overnight. Cut into bars. Makes approximately 28 pounds.

—Mrs. A. Maes.

★ ★ ★

Homemade Soap

- 5½ lbs. waste fat
- 3 pints water
- 1 can lye
- 1 cup ammonia
- 1 cup powdered borax
- 1 oz. oil of sassafras (optional)

If salted fat add water. Bring to boil to remove salt. When cold skim off fat. This should be done the day before. Dissolve lye in 3 pints hot water and cool to luke-warm. Remelt grease, add borax and mix. Add ammonia and mix again. Now add lye water to dissolve the grease, then add oil of sassafras which cuts fatty odor and improves fragrance. Stir at least half an hour, and continue to stir from time to time until it begins to harden. The longer you stir the whiter the soap. Pour into cardboard box or metal container. Keep in a warm place for 2 days. Before soap is too hard cut with knife. This will make breaking it off easier later on. Let soap stand a couple months before using.

—Mrs. Robertson.

—Mrs. Schultz.

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Canned Pork and Beans

- 12 lbs. beans
- 7 or 8 lbs. pork
- 4 pints catsup
- 2 tsp. red pepper
- 4 cups brown sugar
- about $\frac{3}{4}$ cup salt

Soak beans 24 hours in soft water, keeping water two inches over top all the time. Drain and cook in soft water about $\frac{1}{2}$ hour. Add pork which has been cut in cubes. Add pepper, sugar and salt. Cook until the beans are ready to break, stirring occasionally. Sterilize jars, pack with beans. Process 3 hours.

—Mrs. Ross Lowe, Watson.

★ ★ ★ To Can Beans

Prepare 6 quarts of beans in one inch lengths. Cover with boiling water and salt to taste. Boil exactly 10 minutes. Then add a half cup of vinegar, less if vinegar is very strong, and let boil up once. Bottle immediately in sterile jars. Wrap with paper to exclude light. For winter use as a vegetable, drain and boil till tender in fresh water; serve in any way desired.

—Mina M. Jones.


★ ★ ★ Canned Baked Beans

- 10 lbs. white beans
- 5 lbs salt pork
- salt
- 5 tbsp. molasses
- 5 tbsp. brown sugar
- 5 tsp. mustard

2½ canned tomatoes

Wash and pick over beans. Soak overnight or for eight hours. Add rest of ingredients and mix well. The quantity of salt depends upon how salty the pork is. Bake in a slow oven for eight hours, (the last hour uncovered) or 20 minutes at 10 pounds pressure. Fill sealers and process two hours in boiler after water boils hard or 40 minutes at 10 pounds pressure. If you wish a small quantity divide correctly by five.

—Mrs. R. E. Meiklejohn.



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Pork and Beans

- 5 lbs. beans
- 2 onions, chopped
- 1 tsp. mustard
- 1 tsp. pepper
- 6 tsp. salt
- 1 cup white sugar
- 1 pint catsup
- 2 tins tomatoes, large
small piece of pork

Soak beans over night. Drain. Add fresh water to cover and boil 3 hours, with the pork. Add all other ingredients that have been well mixed together and bring to a good boil. Place in sealers and process 15 minutes. Makes 11 quarts.

—Mrs. E. G. Teague.
—R. Galbraith.
—Laura Pierce.

★ ★ ★

Canned Pork and Beans

- 9 cups beans
- 1 cup catsup
- 3 tbsps. molasses
- 3 tsp. mustard
- ½ cup brown sugar
- 3 lbs. pork
- salt and pepper to taste

Soak beans overnight. Cook pork and beans until soft. Add catsup, brown sugar, mustard, salt and pepper, and boil for 10 minutes. Process in sealers for 1 hour.

—Mrs. Edgar Holderness.

Baked Beans

Cook 2 lbs. washed small white navy beans with 2 or 3 lbs lean pork shoulder and ½ lb. bacon until bean skins split when blown on. Cut meat in chunks. Put alternate layers of beans, meat, brown sugar, dark syrup, molasses and salt in deep pot, having brown sugar on top. Cover with liquid beans were cooked in. Use sweetening to suit individual taste. Add more water as necessary. Cook slowly on top of stove or in oven for 12 to 15 hours. Beans will be dark, glossy, juicy and very delicious.

—Mrs. Louise Andress,
Los Angeles.

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